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CLASS.....NO.....



HALL'S JOURNAL OF HEALTH.

FOR 1863.

"HEALTH IS A DUTY."—ANON.

"MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR;
THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—*Ed.*

"I labor for the good time coming, when sickness and disease, except congenital, or from accident, will be regarded as the result of ignorance or animalism, and will degrade the individual in the estimation of the good, as much as drunkenness now does."—*IBID.*

EDITED BY
W. W. HALL, M. D.,

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1863.



HALL'S

JOURNAL OF HEALTH

FOR 1868

"HEALTH IS A DUTY"

"I have for the first time coming to the attention of the public the fact that the health of the nation is in a state of decay, and that the only remedy is to be found in the health of the individual. The health of the individual is the health of the nation."—J. H. Hall

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W. W. HALL, M.D.

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1868



I N D E X

TO

HALL'S JOURNAL OF HEALTH.

VOL. X. 1863.

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

JANUARY, 1863.

[No. 1.

FARMER HEALTH.

IN passing through a lunatic asylum, the visitor is sometimes surprised to learn that the most numerous class of unfortunates are from the farm; and yet in England, in 1860, but one fifth of the population were agricultural. Nor do farmers live the longest. Travelers and natural philosophers average a greater age. The clergyman who devotes his life to study and late hours; who spends three fourths of his existence in-doors; who does not average two hours' muscular exercise in twenty four; who is compelled to an inactivity of body which would seem enough to undermine any constitution, to say nothing of the many depressing influences connected with his office in listening to the troubled, in counseling the sick, and in waiting on the dying and the dead, even he often survives the farmer who rises with the lark to breathe the pure out-door air; whose undisturbed nights; whose supposed independence of the world; upon whose table is daily placed the fresh butter and the new-laid eggs, with pure rich milk from the spring-house, all cool and sweet, vegetables just dug from the ground or pulled from the vine, and melons taken from the garden, berries from the bending bushes, and fruits, luscious and perfect and ripe from the orchard within the hour; in short, a class of men whose entire surroundings of quiet and plenty and inde-

pendence would seem to guarantee a healthful and happy old age, do not attain it as often as some other classes whose habits and modes of life are not, other things being equal, as favorable to longevity. In the light of these statements, it is proposed to inquire.

First: Why is the farmer more liable to insanity than the citizen? Second: Why does he not average a longer life?

Incessant thinking on any one subject tends to craze the brain; and it does unhinge the intellect of multitudes, as witness the fate of men of "one idea;" of inventors; of inveterate students of prophecy; of those who abandon themselves to thinking of the loved and lost; of the victims of remorse or mortified pride; or of those who feed on sharp-pointed memories. Learned physicians of all civilized countries agree that, in cases like these, it is best to divert the mind, by travel, to a new class of thoughts, to a greater variety of objects of contemplation. It is known that within a short time the attention of the French government has been officially drawn to the fact that one in ten of the young gentlemen who are educated for the army, in the mathematical department, becomes deranged; this is because the mind will not bear exclusive action on one subject. This is the key to the so frequent cases of insanity and suicide among farmers; their subjects of thought are too few; their life is a ruinous routine; there is a sameness and a tameness about it, a paucity of subjects for contemplation, most dangerous to mental integrity.

It is too much the case with our farming population that they have no breadth of view; they can not sustain a conversation beyond a few comments on the weather, the crops, the markets, and the neighborhood news. And it is worthy of note that their remarks on these subjects are uniformly of the complaining and unhopeful kind, as if their occupation and their thoughts were on the same low and depressing level. This is because the mind is not used enough; is not waked up by a lively interest in a sufficient variety of subjects to promote a healthful tone.

The proper and the all-powerful remedy against the sad effects of a plodding, routine existence, is a higher standard of general intelligence and a livelier attention to what is too often derisively styled "book-farming." The highest form of human

health is found in those who exercise the brain and the body in something like equal proportions. If the greater share of the nervous energies is sent out through the muscles, they will be largely, even preternaturally, developed; but then the brain languishes for want of its due amount of aliment, vigorous thought, while that same body, having been unduly worked, wears out before its time and prematurely decays. It is even better for the mind and body both, that if either has the larger share of exercise it should be the brain, for thereby the chances of longer life are increased, since statistics clearly show that, as a general rule, the most intellectual live the longest. Prof. Pierce, of Cambridge, after having examined the subject closely in reference to the young gentlemen pursuing their studies at Harvard University, remarks, as the result of his observations, that: "Taking classes in the average, those are the first to die who are the dullest and most stupid; while, as a general rule, those who exercise their brains most constantly, thoroughly, and faithfully, are the longest lived."

The lamented President Felton was accustomed to urge upon the young gentlemen of his classes, with great earnestness, as a means of high health, that they should "use the mind;" use it actively, and on a variety of subjects, so as to avoid any dull routine.

It is an observed fact that many of those sent to penitentiaries for long terms, or for life, become idiotic; but that among the number there is seldom found one who had even small pretensions to a liberal education or to mental culture in any direction. The gifted and unfortunate Mary Queen of Scots, after lingering eighteen years in prison, came forth to the block with that vigor of mind and clearness of intellect and composure of manner which bespoke a healthful brain. Multitudes of distinguished men have passed a large portion of their lives in prisons, yet maintained their mental integrity, and lived long enough afterwards to accomplish great deeds. Count Confalonieri, having rendered himself obnoxious to the Austrian government, was confined in a dungeon ten feet square for six years, with so dim a light that he could not distinguish the features of the solitary companion of his misfortunes; after which time he remained nine years longer, entirely alone. He writes of himself: "Only one event broke in upon my nine

years' vacancy. One day—it must have been a year or two after my companion left me—my dungeon-door was opened, and a voice, I knew not whence, uttered these words: 'By order of his Imperial Majesty, I intimate to you, that one year ago your wife died.' Then the door was shut. I heard no more. They had but flung this great agony in upon me, and left me alone with it again." Without a book, without a companion, without any intelligence from the outer world, confined in a dark dungeon, living on the coarsest food, having those inward resources which a superior education gave, he fed upon them, and thus maintained both mental and bodily health; while the uninstructed farmer, who can feed on the fat of the land, who passes near three fourths of his existence in the blessed sunlight, greedily drinking in the luscious out-door air in all its purity, with no restraint of bodily liberty, so abandons himself to the dull routine which comprises almost nothing but to work and eat and sleep, often finds in a less time than fifteen years, that vigor of mind and health of body are both on the wane. But a better time is coming, through the influence of our glorious Public-School system, when it shall no longer be considered an all-sufficient qualification for a farmer that he have a vigorous frame and intelligence enough to skillfully wield an ax or turn a furrow or drive a team. Men are already beginning to perceive that encouragingly remunerative farming is the reward of those who have made themselves familiar with the analysis of soils, who have some knowledge of botany and vegetable chemistry, who have given some study to ascertain the surest way of obtaining the best seeds and the best breeds, and who have "method in their" book "madness," in the selection of cions and grafts and roots and plants. Such men not only make money by farming, but have a positive delight in their labor, and in waiting for results; for one of the sweetest sensations possible to the human mind is the development of useful practical facts as the result of trials and experiments. If the young farmer then begins life with a better literary education, and every farm-house is regularly visited by some well-conducted agricultural periodical, the mental horizon of the hard-working tiller of the soil will soon become so extended that a demented farmer will become the rarest of sights. There is another item in reference to the

farming population of this country, which certainly adds to the number of its lunatics ; it is that grim specter, DEBT, which is voluntarily set up in the households of three farmers out of four, whether in the cabin of the thriftless squatter or in the mansion of the princely planter. It is generally a very grave mistake, in the hope of making money by the rise of land, to purchase more than can be conveniently paid for on the spot, or more than can be advantageously cultivated with the force at command. This demon of debt, with its "interest" eating out the farmer's substance ceaselessly and remorselessly, day and night, summer and winter, in sunshine and in shade, is in multitudes of cases a vain sacrifice to the Moloch of gain, a yawning maelstrom, pitiless and inappeasable ; it eats out half the joys of many families, by reason of the self-denials, the always losing "make-shifts," the working to disadvantage and consequent extra labor, with those anxieties and solitudes which are necessarily imposed, and which, in their turn, induce irritation of mind, irascibility of temper, and that forgetfulness of those domestic amenities which many times convert a trouble into a pleasure and alleviate or take entirely away half the burdens of life. These acerbities of temper grow by what they feed upon, and seldom fail in the end to leave an evil impress on the character of those upon whom the disturbing consciousness of debt presses with the weight of the nether millstone, impelling too often to the razor, the river, or the halter ; for it is not an unknown thing, by any means, that the hard-working farmer becomes a suicide. The whole subject is presented, with additional thoughts, in the eighth volume of HALL'S JOURNAL OF HEALTH, New-York, page forty-two ; to make this article more specifically practical, the attention of farmers' families is invited to the chief and direct causes of nine tenths of the diseases which cloud their happiness, which interfere with their prosperity, and often largely add to discouraging expenditures of the means which it caused so much labor to acquire ; and first to

E A T I N G .

THE stomach has two doors, one for the entrance of the food, on the left side, the other, for its exit, after it has been properly prepared for another process. As soon as the food is swallowed, it begins to go round and round the stomach, so as to

facilitate dissolution ; just as the melting of a number of small bits of ice is expedited by being stirred in a glass of water ; the food, like the ice, dissolving from without, inwards, until all is a liquid mass.

When food is unnaturally detained in the stomach, it produces wind, eructations, fullness, acidity, or a feeling often described as a "weight," or "load," or "heavy." But nature is never cheated. Her regulations are never infringed with impunity ; and although an indigestible article may be allowed to pass out of the stomach, it enters the bowels as an intruder, is an unwelcome stranger, the parts are unused to it, like a crumb of bread which has gone the wrong way by passing into the lungs, and nature sets up a violent coughing to eject the intruder. As to the bowels, another plan is taken, but the object is the same—a speedy riddance. As soon as this unwelcome thing touches the lining of the bowels, nature becomes alarmed, and like as when a bit of sand is in the eye, she throws out water, as if with the intention of washing it out of the body, hence the sudden diarrheas with which persons are sometimes surprised. It was a desperate effort of nature to save the body, for if undigested food remains too long, either in the stomach or bowels, fits, convulsions, epilepsies, apoplexies, and death, are a very frequent result.

As a universal rule in health, and, with very rare exceptions, in disease, that is best to be eaten which the appetite craves or the taste relishes.

Persons rarely err in the quality of the food eaten ; nature's instincts are the wise regulators in this respect.

The great sources of mischief from eating are three : Quantity, Frequency, Rapidity ; and from these come the horrible dyspepsias which make of human life a burden, a torture, a living death.

RAPIDITY.—By eating fast, the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is, the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth ; for, like ice in a tumbler of water, the smaller the bits are, the sooner are they dissolved. It has been seen with the naked eye, that if solid food is cut up in pieces small as half a pea, it digests almost as soon, without being chewed

at all, as if it had been well masticated. The best plan, therefore, is for all persons to thus comminute their food; for even if it is well chewed, the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness, or bad teeth. Cheerful conversation prevents rapid eating.

FREQUENCY.—It requires about five hours for a common meal to be dissolved and pass out of the stomach, during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than a five hours' interval. The heart itself is at rest more than one third of its time. The brain perishes without repose.

All are tired when night comes; every muscle of the body is weary and looks to the bed; but just as we lie down to rest every other part of the body, if we, by a hearty meal, give the stomach five hours' work, which, in its weak state, requires a much longer time to perform, than at an earlier hour of the day, it is like imposing upon a servant a full day's labor just at the close of a hard day's work; hence the unwisdom of eating heartily late in the day or evening; and no wonder it has cost many a man his life.

No laborers or active persons should eat an atom later than sun-down, and then it should not be over half the midday meal. Persons of sedentary habits, or who are at all ailing, should take absolutely nothing for supper beyond a single piece of cold stale bread and butter, or a ship-biscuit, with a single cup of warm drink. Such a supper will always give better sleep and prepare for a heartier breakfast, with the advantage of having the exercise of the whole day to grind it up and extract its nutriment.

QUANTITY.—It is variety which oftenest tempts to excess. Many a man has been about to push himself back from the table, with a feeling as if he did not want any more, when the unexpected appearance of some favorite dish has waked up a new appetite, and he "disposes" of an amount almost equal to that already taken. To prevent over-eating, take food deliberately, keep up a lively conversation on pleasurable subjects during the entire repast, and avoid a variety of dishes. For ordinary purposes, there should be on the family table but one kind of bread, one kind of meat, one kind of vegetable,

one kind of drink, and one kind of fruit or berries, as dessert ; butter, olive-oil, salads, cream, salt and pepper not being counted, but to be used as desired.

The most ruinous practice in reference to this subject is eating in a hurry, or under the influence of any disagreeable mental excitement, whether of anxiety, passion, or grief, for many have died within an hour by so doing.

Multitudes bring on themselves the horrors of a life-long dyspepsia by drinking large quantities of cold water at their meals, because by cooling the contents of the stomach, which maintains a heat of ninety-eight degrees, to that of the water drank at forty—ice-water being about thirty-two—digestion is as instantly arrested as a burning coal is extinguished by a dash of cold water ; and this process is not resumed until heat enough has been drawn from the other parts of the body to raise the whole mass to its natural temperature ; but this leaves the other parts of the system so cold that those who have not robust health sometimes rise from the table in a chill ; at other times the general system, from want of vigor, has not been able to furnish the amount of heat necessary, digestion is not resumed, and diarrhœa endangers life or convulsions destroy it within a few hours. Large quantities of hot drinks, at regular meals, will with equal certainty destroy the tone of the stomach and lay the foundation for tedious and painful diseases. Invalids should never take any cold drink at meals ; and whether hot or cold, they are wise and safe who never allow themselves over a quarter of a pint of any liquid at a regular meal, or within an hour afterwards. A good position for the first half-hour after eating is either to stand or sit erect ; better still, walk leisurely in the open air, if not too cold, or across the room with hands behind, chin a little elevated, maintaining an agreeable frame of mind. Particularly avoid a stooping position in sewing or reading for the first hour or two after meals, and also heavy lifting, hard study, or any intense mental emotion ; these are all destructive of health ; and although a single slight error may do no appreciable injury, it never fails to make an impress for ill, until at last there is one repetition too much, and a painful sickness, a life-long torture, or a speedy death from heart-disease, hemorrhage, or apoplexy winds up the sad history.

Never force food on the stomach. Never eat without an appetite. Never eat between meals.

Always take breakfast before leaving the house in the morning; this will prevent an easy and early tiring, while the testimony of observant farmers of education, corroborates the teachings of the best medical minds, that by strengthening the stomach and sending invigorating nutriment to the whole system, weakened by the long fast of the night, there is generated a power of resistance against the onsets of disease from the cold of winter and from the malarias and miasms of summer, especially in all flat, damp, and luxuriant soils, which can not be adequately expressed in language; while both experience and experiment have combined to show that by the simple expedient of an early breakfast, individuals and families and neighborhoods have exempted themselves from that scourge of all new countries, "Fever and Ague," especially if followed by a supper a little before sundown, from May to November.

CATCHING COLD.

EXPERIENCED physicians in all countries very well know that the immediate cause of a vast number of cases of disease and death is a "cold;" it is that which fires a magazine of human ills; it is the spark to gunpowder. It was to a cold taken on a raw December day, that the great Washington owed his death. It was a common cold, aggravated by the injudicious advice of a friend, which ushered in the final illness of Washington Irving. Almost any reader can trace the death of some dear friend to a "little cold."

The chief causes of cold are two: first, cooling off too soon after exercise; second, getting thoroughly chilled while in a state of rest without having been overheated; this latter originates dangerous pleurisies, fatal pneumonias (inflammation of the lungs,) and deadly fevers of the typhoid type.

Persons in vigorous health do not take cold easily; they can do with impunity what would be fatal to the feeble and infirm. Dyspeptic persons take cold readily, but they are not aware of it, because its force does not fall on the lungs, but on the liver through the skin, giving sick-headache; and close questioning will soon develop the fact of some unusual bodily effort, followed by cooling off rapidly.

A person wakes up some sunny morning, and feels as if he had been "pounded in a bag;" every joint is stiff, every muscle sore, and a single step can not be taken without difficulty or actual pain. Reflection will bring out some unwonted exercise, and a subsequent cooling off before knowing it—as working in the garden in the spring-time; showing new servants "how to do;" in going a "shopping"—an expedition which taxes the mind and body to the utmost; the particular shade of a ribbon the larger or smaller size of a "figure" on a calico dress, or a camel's hair shawl; whether the main flower of a bonnet shall be "Jimpson" or a rose-bud; whether the jewelry shall sport a Cupid's arrow or a snake's head; these and similar debatable points on a thousand "little nothings," rouse women's minds to a pitch of interest and excitement scarcely excelled by that of counselors of state in determining the boundaries of empires or the fate of nations, to return home exhausted in body, depressed in mind, and thoroughly heated; the first thing done is to toss down a glass of water to cool off, next to lay aside bonnet, shawl, and "best dress," and lastly, to put on a cold dress, lie down on a bed in a fireless room, and fall asleep, to wake up with infinite certainty, to a bad cold, which is to confine to the chamber for days and weeks together, and not unseldom, carries them to the grave!

A lady was about getting into a small boat to cross the Delaware; but wishing first to get an orange at a fruit-stand, she ran up the bank of the river, and on her return to the boat found herself much heated, for it was summer, but there was a little wind on the water, and the clothing soon felt cold to her; the next morning she had a severe cold, which settled on her lungs, and within the year she died of consumption.

A stout, strong man was working in a garden in May; feeling a little tired about noon, he sat down in the shade of the house and fell asleep; he waked up chilly; inflammation of the lungs followed, ending, after two years of great suffering, in consumption. On opening his chest, there was such an extensive decay, that the yellow matter was scooped out by the cupful.

A Boston ship-owner, while on the deck of one of his vessels, thought he would "lend a hand" in some emergency; and pulling off his coat, worked with a will, until he perspired free-

ly, when he sat down to rest awhile, enjoying the delicious breeze from the sea. On attempting to rise, he found himself unable, and was so stiff in his joints, that he had to be carried home and put to bed, which he did not leave until the end of two years, when he was barely able to hobble down to the wharf on crutches.

A lady, after being unusually busy all day, found herself heated and tired toward sundown of a summer's day. She concluded she would rest herself by taking a drive to town in an open vehicle. The ride made her uncomfortably cool, but she warmed herself up by an hour's shopping, when she turned homeward; it being late in the evening, she found herself more decidedly chilly than before. At midnight she had *pneumonia*, (inflammation of the lungs,) and in three months had the ordinary symptoms of confirmed consumption.

A lady of great energy of character lost her cook, and had to take her place for four days; the kitchen was warm, and there was a draft of air through it. When the work was done, warm and weary, she went to her chamber, and lay down on the bed to rest herself. This operation was repeated several times a day. On the fifth day she had an attack of lung fever; at the end of six months she was barely able to leave her chamber, only to find herself suffering with all the more prominent symptoms of confirmed consumption; such as quick pulse, night and morning cough, night-sweats, debility, short breath, and falling away.

A young lady rose from her bed on a November night, and leaned her arm on the cold window-sill to listen to a serenade. Next morning she had *pneumonia*, and suffered the horrors of asthma for the remainder of a long life.

Farmers' wives lose health and life every year, in one of two ways; by busying themselves in a warm kitchen until weary, and then throwing themselves on a bed or sofa, without covering, and perhaps in a room without fire; or by removing the outer clothing, and perhaps changing the dress for a more common one, as soon as they enter the house after walking or working. The rule should be invariable to go at once to a warm room and keep on all the clothing at least for five or ten minutes, until the forehead is perfectly dry. In all weathers, if you have to walk and ride on any occasion, do the riding first.

An engineer, in the vigor of manhood, brought upon himself an incurable disease through a cold taken by standing on a zinc floor as soon as he left his bed in the morning, while he washed himself. Many a farmer's wife or daughter has lost her life by standing on a damp floor for hours together on washing-days.

A young lady, the only daughter of a rich citizen, stood an hour on the damp grass, while listening to the music in the Central Park; the next day she was attacked with inflammation of the lungs, of which she died within a week.

An estimable lady, a farmer's wife, busied herself in household affairs on a summer's day; late in the afternoon, having perspired a good deal, and being weary, she rode to town in an open vehicle to do some shopping; finding herself a little chilly, she walked rapidly on leaving her carriage, and soon became comfortably warm again. While shopping it rained. After the shower, she started homeward in a cool wind; this checked the perspiration the second time, and with all available precautions she reached home, chilled through and through, and died the victim of consumption within the year.

A farmer's daughter "went a-berrying;" the ground was flat and a little marshy; her shoes were thin, and by the excitement of company she remained several hours. She was ill next day. Four years later she stated to her physician that she had not seen a well hour since. She was then in the last stages of a hopeless decline, and died soon after.

A little attention would avert a vast amount of human suffering in these regards. Sedentary persons, invalids, and those in feeble health, should go directly to a fire after all forms of exercise, and keep all the garments on for a few minutes; or, if in warm weather, to a closed apartment, and, if any thing, throw on an additional covering. When no appreciable moisture is found on the forehead, the out-door garments may be removed. The great rule is, cool off very slowly always after the body has in any manner been heated beyond its ordinary temperature.

The moment a man is satisfied he has taken cold, let him do three things: First, eat nothing; second, go to bed, cover up warm in a warm room; third, drink as much cold water as he can, or as he wants, or as much hot herb-tea as he can; and in three cases out of four he will be almost well in thirty-six

hours; if not, send for an educated and experienced physician at once, for any "cold" which does not "get better" within forty-eight hours, is neither to be trifled with nor experimented upon.

DRESS.

THE main object of dress is not to impart warmth, but to keep the natural warmth about the body; and thus prevent those sudden and fatal changes from heat to cold, which occur in passing from an in-door temperature of sixty-five degrees to that of zero or lower, without, as in mid-winter. The temperature of the Northern States varies over a hundred degrees during the year, sometimes nearly half that within twenty-four hours. Dress provides against these destructive sudden changes, by maintaining the warmth of the skin at its natural state, which is ninety-eight degrees, whether a man is on an iceberg in Greenland, or on a sand-island in a tropical sea. The materials of clothing which best keep the heat about the body are called *non-conductors*, such as furs and woollens, while the *conductors* are such as cool the body, by conveying the natural heat from it with great rapidity; the greater conducting ability is measured by the greater coldness which an article causes on the first instant of its application. In the very coldest weather, fur and woollen flannel appear but a little cool, and that but for an instant, and the next, there is a sensation of increasing, comfortable warmth; cotton flannel feels colder than woollen; silk colder than cotton; Irish linen colder than silk, and damp Irish linen greatly colder than either. A damp woollen shirt feels but a little cold, and begins to get warm and dry in an instant; even if the person is in a profuse perspiration; while an Irish linen or silk shirt, if damp with perspiration or otherwise, feels cold and clammy and sepulchral on the instant of its touching the skin, and will remain so for hours, without getting dry, never failing to leave a cold in some troublesome or even dangerous form; hence, as persons perspire easily and profusely in summer, Irish linen can not be worn in warm weather with impunity by the working classes, and those liable to perspiration from a little walking or exercise. Thus it is that British sailors in the navy are compelled to wear woollen flannel shirts all the year and in all latitudes; in the north, because it keeps the natural warmth from escaping from the body, thus maintaining

a temperature of ninety-eight degrees about the skin; and in hot climates in summer, because although woolen is a bad conductor of heat, it is a good conductor of water, for if a woolen blanket is thrown over a sweating horse, in a very short time his hair and the inner side of the blanket will be dry, while the microscope will discover the whole outside surface spangled with millions of tiny drops of water. For these reasons, woolen flannel should be worn next the skin by all our people, from one year's end to another—a gauze material in summer; in winter, a more substantial article. White flannel fulls up, and becomes hard and stiff, unless about a fifth of it is cotton. Colored flannel, especially the red, always remains soft and pliable. These things are indisputably true, and a practical attention to them, on the part of all hard-working people, would prevent an amount of pain and sickness every year which figures can not express. This would be especially true, if in warm weather, when fires are not needed in the house, farmers and other laborers would wear a moderately stout article of red woolen flannel as a shirt, with nothing over it, while at work, but at other times a thin coat over that. Any flannel garment worn during the day should be hung up to air at night, while the night-gown all the year round should be of stout cotton shirting, for if woolen is worn next the skin all the time, it makes it callous, and is otherwise injurious. The best, safest, and most healthful head-dress for farmers and workmen, all the year round, is a common easy-fitting wool or felt hat; in winter it keeps the head warm, in summer it is a great protection against sun-stroke, especially if a silk handkerchief or a few leaves of a tree are worn in the crown; such a hat is a great preventive of baldness, if worn from early youth, because it allows the blood to flow freely to and from the scalp; but if the vessels are compressed, as is done by the common unyielding silk hat, the free circulation of the blood is obstructed, and the nourishment of the hair-roots or bulbs being cut off, the hair perishes irretrievably, causing all the discomforts and inconveniences of baldness.

Death often comes to the honest laborer, as well as to others, through the feet, either by tightly-fitting shoes, which, by obstructing the circulation, keep the feet cold, thus laying the foundation for troublesome diseases; or by shoes which do not keep out the dampness. In purchasing new shoes or having

the measure taken, put on two pairs of woollen socks, without the knowledge of Crispin, and the new pair will feel from the first "as easy as an old shoe."

A piece of tarred or pitched cloth sewed between the layers of the shoe-sole is a great protection against dampness from without; or take pitch not hot enough to burn the leather, and apply it to the bottom and edges of the sole with a rag, let it dry thoroughly, and repeat the application thus three or four times; it is contended that a sole thus treated will not only be impervious to water and dampness, but will wear nearly twice as long as a sole not thus treated. It is an excellent plan to have two pairs of shoes, to be worn on alternate days, so as to have a perfectly dry pair to put on every morning, allowing the unworn ones to remain in a warm, dry place. Washing the feet every night in warm weather, and soaking them in warm water for ten minutes three times a week in winter, admirably promotes that warmth, pliability, and softness of the skin of the feet, so indispensable to health and comfort, saying nothing of the cleanliness of the practice, and its tendency both to prevent and to cure corns. But after all washings of the feet, it is of the first importance after wiping them well, to hold them to the fire and rub them with the hands until perfectly dry and warm in every part.

It will be useful to add here, in reference to corns, that they are caused by pressure and by friction also, hence they may be the result of a shoe that is either too tight or too loose. They can be always either permanently cured or kept within bounds by simply soaking the corn in hot water twenty minutes every night, and then patiently rub a few drops of sweet oil on the top of the corn; repeat the oil in the morning, and continue these until the core of the corn can be picked out with the finger-nail; nothing harder or sharper should ever touch a corn.

HOUSEWIFERY.

THE earlier the breakfast, the more work will be got through with during the day, and the better health will the whole household have, because food or warm drink in the stomach antagonize the disease engendering damps, fogs, and miasms, which impregnate the air about sunrise, in all countries, especially in warm weather.

Quinces baked in sugar and water, or syrup, or simply baked and eaten with powdered sugar, make a good substitute for baked apples.

Potatoes may be kept a very long time from rotting, in a cellar protected against frost, by dusting the floor or bin with lime; then put down a layer of potatoes six inches thick; then dust with lime, another layer of potatoes, etc. One bushel or more of lime to forty of potatoes; they sprout least in darkness.

WOOLEN FLANNEL is the best protection against taking cold, in all seasons, if kept pliable by washing it in strong, hot soap-suds, without wringing, merely squeeze, then rinse in clear, warm water, and hang on a line to drip dry.

SILKS are best, next the skin, for some persons. Wash them by spreading on a board smoothly; rub on white soap; brush with a hard brush, then brush off with cold water, applied to both sides. A little alum in the last water prevents colors from "running." Grease-stains are removed from silks by using equal parts of alcohol and camphene; never wring silk after washing, because the creases thus made will always remain. While "burning-fluid," which is a mixture of alcohol and turpentine, removes grease and other stains from light-colored silks and gloves, sour milk is good for bleaching linen; but grease is best removed from carpets with strong, cold soap-suds, thus avoiding the danger of camphene. Life has been lost by keeping oxalic acid in the house, to remove ink and iron stains; but as it is only suitable for white fabrics, (it should be plainly labeled and marked "Poison," in large letters, if kept about the house,) it is better to use the juice of lemons or of sorrel leaves, especially as the oxalic acid eats the fabric, unless immediately and thoroughly washed off.

Persons have been suffocated by inhaling the fumes of burning sulphur, when used to bleach out colors and stains of fruits and vegetables particularly, hence the fumes should be conveyed to the stained spot by means of a funnel-shaped paper roll; but it is safer to dip stained fabrics in sour milk, then dry in the sun, repeating the operation until the bleaching is perfected,

FLANNEL SHIRTS, or other woollens, should have grease spots removed without fulfilling them up, thus: Put one ox-gall in three gallons of cold water, in which immerse the garment, and squeeze or pound (not wring) it, until the spots are removed; then thoroughly wash in cold water, else the odor of the gall becomes very disagreeable.

If burning-fluid or benzole are used to remove grease or other stains, let it be at least two yards from any blaze of candles, gas, lamp, or fire. Valuable lives are lost every year by neglecting this precaution.

EGGS are good which are diaphanous, or show a faint reddish color, when held in a dark place, toward a candle or other light, when held in the circle made by the thumb and forefinger; they are bad in proportion as they seem black. This is an infallible test.

MILK is kept good longer, if it is boiled, evaporated, condensed, or kept still at a temperature of about forty degrees. If heated three days in succession in summer, and two in winter, (as per Guy Lussac's experiments,) up to the boiling-point, it will keep two months without souring.

The best way of keeping milk in summer, is to have a spring-house well shaded, and on the north side of a hill, the pans sitting in a stream of running water, protected against currents of air. The country people deliver milk at the railroad for two cents a quart, one cent freight to the city, where it is delivered at sunrise to our citizens for seven cents a quart, or six cents at 146 East Tenth street.

PEACHES are peeled without waste, when fully ripe, by pouring boiling water on them, and let them remain a minute, to cook only skin-deep, as, in tomatoes.

CLINKERS are removed from stove-grates and range-backs, thus: When the coal is all aglow, throw in half a dozen broken oyster-shells, cover these over with fresh coal, and when all are red-hot, the clinkers are doughy and are easily removed.

CARPET-SWEEPING.—Draw the broom to you with short, quick strokes, taking up the dirt every half-yard, in a dust-pan, or at each stair, and thus avoid working the dirt into the cleaner parts. Never use tea-leaves, paper, or damp grass, to collect the dust, let the dust-pan do that.

WEATHER-WISE.—Allow the sugar to dissolve in your coffee or tea without stirring; if froth remains in the center, durable fine weather is indicated; but rainy if it settles around the sides; variable if it remains between the two, so says M. Sauvageon.

POTATOES.

THE proper cooking of good food is an essential element of good health in all civilized countries. The general use of the potato shows that it is palatable and healthful; but few families in this country fail to have it on the table once a day. In Ireland, it is the chief article of food at every meal, and it is said that there are multitudes who seldom eat any thing else. It has the same amount of nutriment as the egg, thirteen per cent; it has twice the nutriment of coffee; half as much as beef. It requires two hours and a half for digestion, raw cabbage two hours, roast beef an hour longer, roast pork an hour longer still. It is claimed that the outer quarter of an inch of the potato contains more nourishment than the entire remainder. Hence peeling is a waste. They should be cooked, then the very thin skin is easily removed, and the whole nourishment remains. Late in the spring, as the potato prepares for sprouting, the outer portion becomes "rank," and it is better to peel before cooking. If kept in a dark place, sprouting is much retarded, and further if the sprouts are rubbed off with the hands. The lighter a potato is, the more mealy and palatable it will be after cooking; hence the good ones float, while others sink in strong salt-water. Boiled potatoes are not digested so easily or so soon as if baked or roasted.

COOKING POTATOES.—They should be well washed and put into cold water with the skin on. Gradually heat the water, and when near boiling, add more cold water; if thus checked, the skins will not crack until the potato is thoroughly done; pour off the water, and let the skins become dry before peeling. The Irish nick out a piece of the skin before putting them in the pot. The potatoes of each cooking should be nearly the same size, that all may be equally done. They should not be covered with more than an inch of water, that they may be just covered at the finish; they will become waxy and watery if allowed to remain in the water a moment after they are well done. After they are dried they can be kept hot and mealy for some time, if covered with a napkin of the diameter of the containing vessel. This is better than steaming, and they are prepared in half the time. Moderate-sized potatoes should be done enough in a quarter of an hour. They sprout least in the darkest places.

COLD POTATOES FRIED.—Put a bit of cream-dripping into a frying-pan; when it is melted, slice in your potatoes with a little pepper and salt; put them on the fire; keep stirring them; when they are quite hot, they are ready.

POTATOES MASHED.—When your potatoes are thoroughly boiled, drain them quite dry, pick out every speck, etc., and while hot, rub them through a colander in a clean stew-pan. To a pound of potatoes put about half an ounce of butter and a table-spoonful of milk; do not make them too moist; mix them well together.

POTATOS MASHED WITH ONIONS.—Prepare some boiled onions by putting them through a sieve, and mix them with potatoes. In proportioning the onions to the potatoes, you will be guided by your wish for more or less of their flavor.

POTATOE-FLOUR AND JELLY.—Rasp the potatoes into a vessel of cold water, and change it frequently, until the raspings fall to the bottom like a paste, then dry in the air, pound in a mortar, and pass it through a hair-sieve. This is nearly as nutritive, and lighter than flour; hence is better for pastry and puddings for invalids. If kept dry, it will remain good for years, while it is easily converted into a most nutritious jelly, by pouring absolutely boiling water on it. When changed into jelly, flavor to taste, and use it.

TO BROWN.—While the meat is roasting, and an hour before serving, boil the potatoes, take off the skin, flour them well, put them under the roasting meat, and let them drip before going on the table.

TO ROAST.—Clean well, nick out a small piece, and roast. A little butter over the skin crisps them.

Cold Potatoes, boiled for dinner, and left over, make an excellent dish for breakfast, by covering them with milk or cream in a frying-pan; add butter and salt, and let remain until the milk thickens—say fifteen minutes.

Potatoes, when boiled, if either waxy or to be eaten with cold meat, should be peeled and put whole on the gridiron until nicely browned.

FOR STEWS.—Potatoes should be always boiled a little before putting into stews, as the first water is a little poisonous. Fried potatoes may be cut from raw, half an inch thick; fry quickly in hot fat, let grease drip off, dry, salt and use.

KEEPING POTATOES.—If laid on straw on the ground, and covered with straw and then a layer of earth a foot deep, they will produce shoots near the end of spring; if two feet, shoots appear at midsummer; at six feet they cease to vegetate, and will keep for two or more years in a perfect state. There should be a trench a foot deep around the pile, unless the soil is very sandy.

BALDNESS.

EACH hair generally has one bulb or root by which it is nourished ; when this root is destroyed by sickness, violence, or age, the hair can never grow again ; this is the case when the scalp is shiny or glistening.

When the scalp is fuzzy, like the down of a very young bird, it is from debility of the hair-bulbs, occasioned by severe or protracted diseases ; in this case, the hair grows with increasing profusion as the health recovers. Whatever hair-wash or oil happens to be applied at this conjuncture, gets the credit of a hair restorative ; hence the great number of these articles, not one of the whole number being a whit more efficacious than the sprinkling of a thimbleful of ashes on the poll, except so far as they have a tendency to keep the scalp clean, which common soap-suds will abundantly do ; or except they have the effect to stimulate the scalp, and promote a more vigorous circulation of the blood ; but it is not possible for any oil or grease ever to do this. To make hair grow on a shining scalp is utterly impossible. But the growth of hair may be promoted on a fuzzy scalp, because in that case the root is not dead, but lacks vigor, lacks nutriment, and new vigor can be imparted, and additional nutriment bestowed by whatever gives activity to the circulation of the blood about the roots of the hair, and what the following application fails to do in this direction, all others will, simply because it is the most certain, the most powerful and safe hair stimulant known : Half an ounce of vinegar of cantharides, one ounce of cologne-water, one ounce of rose-water ; to be rubbed in with a tooth-brush gently and patiently, until the part is thoroughly wetted and smarts a little ; to be repeated night and morning ; if too powerful, dilute with water, or use less. Age brings incurable baldness, sooner or later, to almost all ; but the great object of this article is to procrastinate incurable baldness, and to prevent the premature loss or thinning of the hair : first, by avoiding the causes ; second, by proper attention to promoting the growth of the hair.

The ancient Romans seldom wore any thing on the head, and a case of baldness was a rare thing.

Baldness is very infrequent among the Indians ; their heads are habitually uncovered.

Baldness among women is very much rarer than among men. Women's baldness is about the temples, that of man on the top of the head. It may be then inferred that one cause of baldness is keeping the head covered and heated, thus excessively stimulating the hair-glands by an unnatural warmth, and prematurely exhausting their power, and also by preventing the evaporation and escape of that effete matter, the continued presence of which is always death, in whatever part of the system it may occur. This is effectually done by the large quantities of grease and oil which our women plaster on the sides of the head and temples, the hair, dust, and oil, making a coating over the temples almost as impervious as India-rubber, thus choking up the roots or glands and preventing the proper blood circulation ; for it is the blood which carries nutriment to the hair.

The top of the head is most profusely supplied with blood-vessels, yet men grow bald there first, by keeping the head too warm ; also, and chiefly, by the prevalent fashion for generations past, of wearing hard fur and silk hats, which by their pressure all around the head, forcibly detain the blood from the top of the head ; there is seldom baldness below where the hat touches the head. None of the writer's playmates are known to be bald at ages from forty to sixty-five ; it was the universal custom among them as boys, to wear loose woolen hats, answering to the felt hats now coming into fashion. To prevent thin hair and premature baldness, first, keep a clean scalp ; second, never wear the hair on a strain, or against the direction of its growth ; third, never apply any thing to it but soap-suds or pure water ; fourth, wear loose-fitting, soft hats ; fifth, let men and children always wear the hair very short, and both men and women should brush the hair a great deal, using only a coarse comb, which should touch the scalp only in the slightest manner possible.

SKATING

Is one of the most exhilarating of all pastimes, whether on the ice, or over our parlor or hall floors, with roller-skates. In the days of "Queen Bess," some three hundred years ago, it was a favorite amusement with the Londoners, whose facilities for the same were limited to pieces of bone attached to the shoes. As lives have been lost in connection with skating, the following suggestions are made :

1. Avoid skates which are strapped on the feet, as they prevent the circulation, and the foot becomes frozen before the skater is aware of it, because the tight strapping benumbs the foot and deprives it of feeling. A young lady at Boston lost a foot in this way ; another in New-York, her life, by endeavoring to thaw her feet in warm water, after taking off her skates. The safest kind are those which receive the fore-part of the foot in a kind of toe, and stout leather around the heel, buckling in front of the ankle only, thus keeping the heel in place without spikes or screws, and aiding greatly in supporting the ankle.

2. It is not the object so much to skate fast, as to skate gracefully ; and this is sooner and more easily learned by skating with deliberation ; while it prevents overheating, and diminishes the chances of taking cold by cooling off too soon afterward.

3. If the wind is blowing, a veil should be worn over the face, at least of ladies and children ; otherwise, fatal inflammation of the lungs, " pneumonia," may take place.

4. Do not sit down to rest a single half-minute ; nor stand still, if there is any wind ; nor stop a moment after the skates are taken off ; but walk about, so as to restore the circulation about the feet and toes, and to prevent being chilled.

5. It is safer to walk home than to ride ; the latter is almost certain to give a cold.

6. Never carry any thing in the mouth while skating, nor any hard substance in the hand ; nor throw any thing on the ice ; none but a careless, reckless ignoramus, would thus endanger a *fellow-skater* a *fall*.

7. If the thermometer is below thirty, and the wind is blowing, no lady or child should be skating.

8. Always keep your eyes about you, looking ahead and upward, not on the ice, that you may not run against some lady, child, or learner.

9. Arrange to have an extra garment, thick and heavy, to throw over your shoulders, the moment you cease skating, and then walk home, or at least half a mile, with your mouth closed, so that the lungs may not be quickly chilled, by the cold air dashing upon them, through the open mouth ; if it passes through the nose and head, it is warmed before it gets to the lungs.

10. It would be a safe rule for no child or lady to be on skates longer than an hour at a time.

11. The grace, exercise, and healthfulness of skating on the ice, can be had, without any of its dangers, by the use of skates with rollers attached, on common floors ; better if covered with oil-cloth. Lessons are given in this pleasant and exhilarating exercise at Mr. Disbrow's on Fifth Avenue, whose spacious and well-conducted establishment ought to be well patronized. His ice pond is now in excellent order.

NOTICES.

ROBERT CARTER & BROTHERS, No. 530 Broadway, New-York,

Besides having the most extensive assortment of theological books, foreign and domestic, in this country, have issued for the holidays the following volumes, admirably adapted for the reading of the young; the publications of this old house are always safe, and calculated to promote the highest interests of society: "Tony Starr's Legacy, or Trust in a Covenant-Keeping God;" "Broad Shadows on Life's Pathway;" "Vesper," by the Countess De Gasparin; "Day-Break, or Right Struggling and Triumphant;" "The Bleak Cliff, and other Stories on the Parables;" "Mother's Last Words," a book of Ballads; "Bertie Lee;" "Ned Manton, or the Cottage by the Stream;" "Margaret Warner, or the Young Wife at the Farm;" "The Torn Bible;" "The Lost Jewel;" Little Walter of Wyalusing."

Of "Vesper," by the Countess de Gasparin, of "Margaret Warner," and the "Torn Bible," published, as above noted, by Robert Carter & Brothers, New-York, a cotemporary well says: "'Vesper' is rich in fancy, a poem in prose raiment, simple, touching, with a vein of delicate humor. It is full of the charm of domestic life, and flushed with the gentle warmth of a pure and womanly religion. It will be read with a healthy delight by young and old. 'Margaret Warner' is a delightful little story of home life, which leaves the heart full of loving-kindness and of tranquil joy. 'The Torn Bible,' a story of a soldier's life, and well adapted to lead the soldier, and the young who shall peruse it, to that precious spring of all good, the Word of our God." There was sold in London, in a short time, no less than seventy thousand copies of Mrs. Sewell's "Mother's Last Words," being ballads for boys and girls.

The following was received December 5th, 1862, purporting to come from "Andrew Miller, attorney and counselor-at-law, No. 206 South Fifth street, Philadelphia." The writer, or any other subscriber, who feels aggrieved in the same way, will have their dollar returned by returning to our office the twelve JOURNALS received for 1862:

"W. W. HALL, M.D., NEW-YORK CITY:

"SIR: I have received the number for this month of your JOURNAL OF HEALTH, which completes the volume for 1862, for which I have paid, and I beg you will discontinue sending the paper to my address. When I subscribed for it, I supposed it to be what its title indicated, namely, a JOURNAL OF HEALTH; but I find it to be a journal for the dissemination of the most vile and disgusting abolitionism. The September number I threw in the fire after reading a few paragraphs of the leading article headed 'A Sick Nation;' and I think any one who would send to those who had paid for a journal of health such treasonable abolitionism as is contained in that article, ought to be prosecuted for obtaining money under false pretenses."

That our sentiments may not be mistaken as to the great question of the times, we put upon record the following, to be brought up in the future for good or ill as to ourself and our children: As I consider that slavery is the cause of this war, I earnestly hope it will never close until means have been devised in righteousness, by Congress, for freeing, soon and forever, every slave on this continent, and for a complete and eternal crushing of the great rebellion, in the shortest time possible, by all the means which God and nature and right and law have, or may yet, put into the hands of the true friends of the Government of the United States; and then our beloved country, in the enjoyment of a free press, free speech, free religion, all under the molding influences of the Bible and an intelligent democracy, is destined to a career of material prosperity, of national power, and of moral grandeur, unknown and undreamed of in all the ages past.

W. W. HALL,

Editor of HALL'S JOURNAL OF HEALTH.

HYGIENIC HOUSE, 170 Bleecker street, New-York.—Persons of sedentary employment who desire to live where a greater variety than usual of bread, fruit, and grain preparations are offered, and less of highly-seasoned food, will find this the place. A greater variety than usual of bread, fruit, and grain preparations, and less of meats and highly-seasoned food, will form the distinctive feature of our table. Terms—\$5 to \$12 per week, according to accommodations required. Transient board \$1 per day. Meals may be had at the regular hours. Breakfast or Tea, 25 cents each. Dinner, 35 cents. Hours of Meals—Breakfast 7 to 8. Dinner 1 to 2½. Supper 6 to 7.

W. HUNT,

R. FANCHER.

N. B.—The Bleecker-street stages pass the door. The location is within three or four minutes' walk of the Sixth Avenue cars, or of Broadway, and ten minutes' walk of Cooper Institute, Astor, or Mercantile Libraries.

SKATING IN FIFTH AVENUE AND FIFTY-SEVENTH STREET.—A Lake of eleven acres. Oscar F. Oatman, Esq., Superintendent. Season Tickets, \$5. Gentleman and two ladies, \$10. John L. Brown, General Superintendent. Under the two gentlemen named, the public have a guarantee that every thing connected with this famous resort of fashion and fun will be handsomely managed.

HARPER'S WEEKLY, Pictorial, \$2; Harper's Monthly, \$3; both, \$4 a year.

NOTICES.

ATLANTIC MONTHLY, published by Ticknor & Fields, No. 135 Washington street, Boston, Mass.; three dollars a year; Volume 11 began with January. Among its contributors are some of the best intellects and the most cultivated minds in the nation. It is the great literary monthly of the country, and by the acknowledged ability with which it has been conducted, it has been placed on a permanent basis, and is highly appreciated abroad as well as at home.

THE HORTICULTURIST, founded by the lamented A. J. Downing, in 1846, is in its eighteenth volume: two dollars a year; No. 37 Park Row, New-York. Its patronage is commended to country gentlemen and intelligent agriculturists throughout the country.

THE PRESBYTERIAN, Philadelphia, two dollars and fifty cents a year, has an industrious and able correspondent in this city; his weekly letters well pay for the subscription-price to every New-Yorker who wishes to keep himself posted as to the "goings on" and chief doings of our mighty metropolis.

TO FARMERS.—There is no monthly published on this or any other continent on agriculture or on any other subject which gives one half as much valuable, practical, and reliable information for one dollar a year as the *American Agriculturist*, issued at No. 7 Park Row, New-York City.

BLACKWOOD'S MAGAZINE, two dollars a year, *London Quarterly*, *The Edinburgh*, *The Westminster*, and *North British Reviews*, each three dollars, are all furnished for ten dollars a year. Address Leonard Scott & Co., No. 54 Gold street, New-York. The contributors to these publications are among the very ablest writers in Great Britain.

MUSIC.—The hinged-plate piano improvement of Horatio Wooster, of New-York, is eliciting the admiration and hearty commendation of the most accomplished artists in the country. Among the names are those of Gottschalk, Muzio, Mason, Berge, Fredel, Thomas, Harrison, Wernike, Morgan, Gosché, and the distinguished amateur Dr. Thomas Ward, all substantiating the sentiment of Gottschalk, when he said, "I estimate the volume of tone to be increased one hundred per cent by this invention," which is certainly very high praise, coming as it does from the very highest musical authority.

GODEY'S LADY'S BOOK, three dollars a year, Philadelphia, continues as heretofore to be the Queen of pictorial monthlies, delighting multitudes of families with its beautiful steel engravings and its valuable practical embellishments, etc.

ARTHUR'S HOME MAGAZINE, two dollars a year, Philadelphia. Who that has ever subscribed for it, ever willingly failed to "renew" when Christmas came?

PILES, FISTULA, RUPTURES, ETC.—The last published work of Dr. Bodenhemer on these and kindred subjects has been translated into French. Dr. B. spends the winter at the Monongahela House, Pittsburgh, and for knowledge, ability, skill, and success has no superior living.

TEETH.—Dr. John Allen, 22 Bond street, New-York, in whose office Dr. Evans, now the first Dentist in Europe, took lessons is believed to be the ablest member of his profession for furnishing single and sets of teeth. We know cases where twenty years of youthfulness have been imparted to the features.

THE Farm-House Milk, pure and sweet, is brought to town daily by the New-Jersey and Rockland County Milk Association, under the management of C. W. Canfield, Esq., No. 146 Tenth street, New-York, near Broadway, adjoining Stewart's New Retail Palace.

BARNUM'S MUSEUM continues to be the general place of resort for novelty-seekers. Formerly a "Museum" was considered to be a collection of all the queer, outlandish things of creation, but Mr. Barnum, with characteristic energy and forecast, has made his establishment a place not only of amusement but of solid instruction. Scarcely a week passes in which some new object of interest is not introduced. Natural treasures are gathered from the poles to the tropics; yesterday he had a polar bear; to-day a family of Esquimaux; to-morrow it will be a whale, or a multitude of fishes of all sizes and hues, from the Pole to the Line; and frequently all are seen at once, exciting the mind of the beholder alternately with feelings of awe, of wonder, of admiration and delight.

IRON FENCES, railings, plain and ornamental, statues, figures of animals, bedsteads, gate-posts, tree-guards, with every conceivable variety of article for families, farms, cemeteries, parks and pleasure-gardens and grounds, are found at the very extensive establishment of Hutchinson & Wickersham, 259 Canal street, New-York, one of the oldest and best known houses of the kind in the city.

WE heartily commend "The Home Monthly," two dollars a year, Boston, to every household wishing a whole year of delightful and instructive reading for wives, husbands, daughters, and sons.

OUR SICK SOLDIERS.

DIRECTORY OF THE HOSPITALS.—The Sanitary Commission have established an office of information in regard to patients in the hospitals of the District of Columbia, and of Frederick City, Maryland. By a reference to books, which are corrected daily, an answer can, under ordinary circumstances, be given by return mail to the following questions:

1st. Is ——— [giving name and regiment] at present in the hospitals of the District or of Frederick City?

2d. If so, what is his proper address?

3d. What is the name of the Surgeon or Chaplain of the hospital?

4th. If not in hospital at present, has he recently been in hospital?

5th. If so, did he die in hospital, and at what date?

6th. If recently discharged from hospital, was he discharged from service?

7th. If not, what were his orders on leaving?

The Commission is prepared also to furnish more specific information as to the condition of any patient in the District hospitals, within twenty-four hours after a request to do so, from an officer of any of its corresponding societies.

The office of the Directory will be open daily from 8 o'clock A.M. to 8 o'clock P.M., and accessible in urgent cases at any hour of the night.

The number of patients in these hospitals is about twenty-five thousand. If found to be practicable, the duty here undertaken locally by the Commission will be extended to include all the general hospitals in the country.

FRED. LAW OLMSTEAD, *General Secretary.*

ADAMS HOUSE, No. 244 F street, Washington, D. C., Nov. 19th, 1862.

TO FARMERS.—That excellent weekly, *The New-England Farmer*, of Boston, says: "We learn through the newspapers that this gentleman has been appointed by Mr. Commissioner Newton to the chief clerkship in the Agricultural Department at Washington. We know Mr. Grennell well—know him in the social relations of life, and as connected with agriculture, theoretically and practically—having been associated with him in the Massachusetts State Board of Agriculture, where there were excellent opportunities to learn his tastes, powers, and energy in the great subject, and we do not hesitate to say that we believe the appointment a most judicious one. Mr. G. has youth, health, an ardent temperament, sound learning from books and institutions, together with untiring energy, integrity, and much personal acquaintance and experience on the farm—all of which combined give him qualifications for the position with which he has been intrusted, which few can expect to possess. We congratulate the Commissioner in his wise selection, and have no doubt but Mr. Grennell will relieve him of a vast amount of labor which might embarrass him in the general management of the Department."

FEET DISEASES.—Prof. Cleaveland, of Cincinnati, has done the public an important service in issuing a paper-covered volume, sent post-paid, for fifty cents, on the causes and cure of diseases of the feet, with practical suggestions as to their clothing; it is the most complete, reliable, and useful volume which has appeared in this country on these subjects; no ailment of the feet has been omitted. The same industrious author has issued an admirable "Physician's Memorandum" for 1863, containing a list of remedial agents, their nature, doses, etc.; abbreviations, notes for accidents and emergencies, *post-mortem* examinations, preservation, embalmings, etc., etc.

SOLDIERS AND SAILORS.—Among the books and tracts published by The American Tract Society, at No. 28 Cornhill, Boston, and also at the Bible House, New-York City, the most beautiful in subject, execution, and embellishment are:

The Cross-Bearer,.....	\$1 50 pp.	\$1 70	Little Captain,.....	\$0 25 pp.	\$0 81
Uncle Paul's Stories,...	50 "	65	Picture-Book,.....	25 "	80
Almanac for 1862,.....	00 06 pp.	00 07.			

The Society have published for our brave soldiers in the army ten Pocket Tracts of sixteen pages each, for ten cents, entitled, "Take Care of your Health," "Rest," "The Widow's Son," etc. Also forty-eight Soldiers' Envelope Tracts, four pages each, price ten cents, suitable to be inclosed in envelopes when writing to soldiers, without increasing the letter-postage. Address J. G. Broughton, Depositary, 18 Bible House, New-York City. Also, "Hints to Soldiers for the Preservation of Health," with three excellent prayers at the end for morning, evening, and before going into battle; also "How to be Saved, in Three Letters to a Friend," by Francis Wayland; also a delightful exemplification of "Faithfulness," as illustrated in the life and labors of Rev. Morrison Huggins, by Rev. Charles P. Bush; also a most important 12mo, pp. 463, on the "Canon of the Holy Scriptures," examined in the light of history, by Prof. L. Gaussen, of Geneva, Switzerland, translated from the French and abridged by that able scholar and eloquent divine, Edward N. Kirk, D.D. It is a work which ably discusses a variety of points of the deepest interest to theological students and clergymen, and which ought to be in the library of every Bible-scholar.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

FEBRUARY, 1863.

[No. 1.

PREMATURE DEATHS.

IF the first seven articles which follow are maturely considered, it will be found that very many premature deaths, whether by suicide or other forms of violence, or by disease, are traceable to moral causes; hence it is as much our duty to avoid these as it is to avoid and guard against the physical causes of disease and death. The suicides in France now average ten a day; the number for the present century, thus far, is over three hundred thousand. Not a day passes in which a suicide may not be directly traced to want of success in life; to the false moralities inculcated by wicked or ignorant writers; to the failure of parents in obtaining a proper influence over their children; to unrestrained appetites and passions; and to the inability of multitudes "to get along in the world" prosperously, for want of thoroughness of preparation for their calling or station in life.

SUCCESS IN LIFE.

IF to obtain wealth is success, we see men around us who have accumulated fortunes, who have no remarkable talent, no special high moral character; in fact, in general intelligence, in elevation of sentiment, in breadth of view, they are pitifully deficient; while men, immeasurably their superiors in every great and good quality, have never made and saved a dollar.

Then again, every now and then, we meet with a man who seems

to have prospered in everything he ever attempted, while his next door neighbor, apparently in everything his equal, if not his superior, fails in every undertaking; every effort to rise is sure to result in a more hopeless fall.

Able and worthy men ought not to feel discouraged nor cast down, nor to whelm themselves with self-mistrust or self-reproaches; for the very foolhardiness of some men, and the stupidity of others, in not seeing palpable obstacles and dangers, is the father of their successes, while every succeeding one is the result of that *morale*, as the French term it, which attaches itself to great accomplishments.

In very many cases, the accumulation of fortunes is the merest chance; the result of a fire, or famine, or flood, or pestilence, or sword, or from inheritance; in such, there is no sort of credit due to pecuniary success.

In other cases, men make money by virtue of that utter abnegation of all moral principle which belongs to the most depraved mind; temptations to which debasements frequently present themselves to the noble-hearted, but are spurned the moment they are proffered, and are rejected without an effort, for it is far sweeter to them to live in destitution, than to dress in fine linen and fare sumptuously every day, at the cost of self-degradation and of prostituted honor.

There are a few men, however, who grow rapidly rich by the force of a perspicacity, a singleness of purpose, and an energy of will, which would have made them distinguished in any department of human life, in any pursuit to which they may have been directed; upon such men we ought not to look with envy, but with respect, and, while we should admire them the more, we ought not to think of ourselves the less, for all the great pecuniary difference, as long as we have been fast in our integrity in every strait, and in every temptation.

But suppose we have failed a dozen times, who knows but that it may be with us as it has been with multitudes before us, that past adverses are the foundations, constitute the elements, of future success, the very schoolings to great accomplishments.

Let every man, then, be diligent, and abide his time in patience, remembering that the race is not commonly, in practical life, to the swift, nor the battle to the strong; and that ultimate and permanent success, is the pretty sure reward of him, who has patience, diligence, and a great heart.

RESPONSIBILITY OF WRITERS.

THE man dressed in spotless white will not fail to have his garments blackened, if he mingles among a crowd of sweeps. There are clergymen who cannot feel authorized to occupy the pulpit of persons claiming to be clergymen too, for fear it should be construed to countenance the supposed errors of the latter. No man of position can allow himself to associate, without prejudice, with the profane, the Sabbath-breaker, the drunken, and the licentious, for he lowers himself, without elevating them. The sweep is not made the less black by rubbing against the well-dressed and the clean, while they are inevitably defiled.

If a good man buys a bad book, or writes a commendatory preface to a bad book, he gives both his countenance. If he writes for a bad publication, he, in a measure, endorses its sentiments. To write an article, be it ever so good, for a periodical, each number of which is, in the main, filled with third-rate fictions, or even first-rate fictions, is to endorse that publication in the main. If a good man writes for such, in the hope of slipping in a wholesome truth now and then, where it would not be otherwise done at all, it is as if he coated a poisonous pill with sugar, or mingled a serpent's venom with honey; the poison and the venom are too predominating; they still destroy, while the sweetness is all lost.

If able men, for a dollar or two a page, or column, will write for flash newspapers and flash magazines, which, without their fictions of words, and falsehoods of pictures, would not sell at all, they simply aid to bolster up a lie, and pander to the credulities of an ignorant public. To palm off the picture of an artist's brain for that of an actual occurrence, to give the portraits of the *passé* and the dead for those of living criminals, is a falsehood and a cheat, as much as the publication of a fiction for an actual fact. It is only the pictures, and the twaddle of loungers, which keep up the most pretentious Monthly in the land; and the fictions, with the secret infidelities of the next best, its pantheisms and its gibes at religion and religious people, are barely able to keep it above water. All of them are destined to founder, if they do not change. As they are, the sooner they sink, the better for the community; and the influence of the few good men who write a paragraph or two now and then for them, will sink with them to that extent; while, by aiding to bolster up a moral nuisance, they may find against them a handwriting on the wall, when the curtain has fallen, and the orgies have broken up.

DO LIKEWISE.

THE *Watchman and Reflector*, of Boston, is one of the most faithful religious newspapers among our exchanges; faithful in its duty of watching against insidious infidelities, and faithful in its boldness in conferring not with flesh and blood, in its abnegation of "policy," or what is called worldly wisdom; faithful in its independence in exposing wickedness and dangerous principles whenever they may emanate. In these things it sets an example worthy of all praise, and of instant imitation by that portion of the religious press which will commend a paper, or periodical, or book, for its good things, while its moral poisons are not spoken of. If this faithfulness is not imitated on the part of those in the look-outs on the walls and watch-towers of religion, then is the ancient glory departed, and the Church is on the wane.

Pity is it that religious papers should speak pleasant things of publications which hold up the ministers of the Gospel to ridicule, as weak-minded; to contempt, as hypocrites; to pity, as tools; to execration, as false to the highest and holiest duties of their calling. Even-handed justice demands that the good things of any noticed publication should be commended; but that its evil things, its perversions, its misinterpretations, its lax principles, and its bad or false morality, should be passed over in silence, either purposely or by inadvertence, is a faithlessness to a high trust, which all right-thinking men must deplore.

The policy of the Press is become more and more akin to that of courtiers—to try and keep on good terms with everybody and everything possessed of influence. To our brethren of the Tripod, we therefore suggest, that they be on their guard, lest they fall into the same condemnation, each inquiring for himself, "Is it I?"

INFLUENCE OF MOTHERS.

JOHN RANDOLPH never ceased, till his dying day, to remember with unutterable affection the pious care of his mother, in teaching him to kneel at her side, and, with his little hands pressed together, and raised upwards, to repeat, in slow and measured accents, the pattern prayer.

"My mother," said Mr. Benton, not long before he died, "asked

CONTROLLING TEMPER.

me not to drink liquor, and I never did. She desired me at another time to avoid gaming, and I never knew a card. She hoped I would not use tobacco, and it never passed my lips."

Not long ago, the Rev. Dr. Mills, in one of his powerful appeals to mothers to consecrate their children to the ministry of the Gospel, said: "A youth, after great deliberation, and with the knowledge that his mother desired him to be a clergyman, decided at last to become a lawyer; and, soon after, his mother inquired of him, in a tone of deep and tender interest, 'My son, what have you decided to do?' 'To study law, mother.' She only replied, 'I had hoped otherwise;' and her convulsive sobbing told the depth of her disappointment. 'Do you think,' said he, 'I could go into the law over my mother's tears?' He reconsidered the case, and has long been an able and efficient clergyman.

All that Leigh Richmond was, he attributed to the simplicity and propriety with which his mother endeavored to win his attention, and store his memory with religious truths, when yet almost an infant.

Oh! if Christian mothers would but wake up to the use of their powers and their influences, a Samuel might arise out of every family, and Leigh Richmonds be numbered by thousands!

CONTROLLING TEMPER.

Fools, lunarians, the weak-minded, and the ignorant, are irascible, impatient, and of ungovernable temper: great hearts and wise, are calm, forgiving, and serene.

The most imperturbable and the ablest disputer of his age was the Scotchman, Henderson. When a glass of water was thrown in his face by the ungovernable rage into which an antagonist had allowed himself to be thrown by the anticipation of inevitable defeat, the Scotchman calmly wiped his dripping cheeks, and remarked with a smile, "That is a diversion; let us proceed with the argument."

It is said of one of the ablest men of a past century, that, having completed the manuscript of a work which he had been preparing for several years, he left his room for a few moments to find, on returning, that a favorite little dog had, in his absence, turned over the candle, and reduced his writings to ashes; on observing which, he exclaimed, "Oh! Diamond, little dost thou know the injury

thou hast done ;” and immediately set about the reparation of the damages.

Philip the Second, after having sat up to a late hour in the night to complete some important state papers, waked up one of his drowsy secretaries, who was so flurried at this breach of duty, that he dashed the contents of the inkstand over the manuscript, instead of the sandbox. “It would have been better to have used the sand,” was royalty’s remark, on sitting down to the reproduction of the document.

Washington, when high in command, provoked a man to knock him down. The next day he sent for the person to appear at headquarters, and asked his pardon ! for, in reviewing the incidents of the case, he found that he was himself at fault. A magnanimity only possible to a truly great mind ; but it is a magnanimity, a self-control, a mastery of temper, which it is a nobility to strive for.

OUR DAUGHTERS.

As this country grows older, the necessity increases of each individual being able to earn a living. Hitherto, we could afford, in a measure, to allow our sons to grow up without the knowledge of any handicraft, as there were other avenues for employment ; but already has it become important, in cities and large towns, that the daughters of a family should be able to earn something for the general sustenance of the household. Some give lessons in music, others teach school, most, too many, are driven to the heart-crushing, health-destroying, and life-wasting stitch, stitch, stitch.

There seems to be a general repugnance against putting our daughters in public places, in shops, stores, and the like ; and, as for making nurses, and chamber-maids, and waiters, and cooks of them, it is not to be thought of—yet awhile. But we must come to it at last. Other nations will cease to be able to supply us with hewers of wood and drawers of water—with carriage-drivers and menials for the household. The older nations fill these stations with their own poor ; there is no sufficient reason why we should not do the same. That we should submit that our children should be nursed in their earlier years by those of a different religion, can only be accounted for in the existence of a false pride. The true wisdom of any denomination of Christians is, in giving the instruction and care of their children to those of a like faith with themselves.

UNSKILLED LABOR.

In France, three-fifths of the females grown are under the necessity of doing something towards earning a livelihood.

It is very certain that the consciousness of not being able to make a support, casts many a girl on the street, compels others to marriages of policy, and takes from all, that independence of feeling, of character, and that self-reliance, which, of themselves, elevate, energize, and ennoble. Every year it is becoming less and less possible, even for the half of our daughters to marry men who can afford that they should do nothing towards earning a dollar. Hence, it is a true, a wise, and a high humanity to study out ways and means by which young girls can be placed in circumstances by which they can sustain themselves—something to fall back upon, in case of being thrown on their own resources, by orphanage, widowhood, or unfortunate marriages. A young widow of the city of New York, with a wise and humane charity, has inaugurated, by her influence and money, an establishment on Long Island for training young orphan girls in the art of horticulture, including the raising and preservation of vegetables, fruits, and flowers, the breeding of poultry, and everything connected with a farm life, which woman can do easily and well. If it is true that the man who rears a son without having him taught the means of earning a living, rears that child to large chances for the penitentiary and the gallows, it is not the less true, and is becoming daily more so, that the daughter who is ushered into womanhood without the knowledge and ability to earn a dollar by honorable means, is raised to the chances of an early death, or degradations worse than death itself.

UNSKILLED LABOR.

It would be a grand thing for society, if the apprenticeship system of fifty years ago could be resuscitated with modifications. A law would have its advantages, which would prohibit mechanics from setting up shop for themselves until a certain number of years had been spent in learning a trade. The want of something of the sort is diminishing daily the number of competent mechanics in every branch of human labor which requires intelligence and skill. Its working is as follows: A boy goes to "learn a trade." About the time it is half done, he begins to feel as if he knew all about it, and with that there comes a pride—a groundless independence and confidence in himself; the next step is to take offence at

some trifling thing, and he "goes off," to become "Boss" himself. His next plan is, by "low prices," to get custom; but he would soon starve, if, with these low prices, he did not purchase a correspondingly inferior article to work with; and, with his incomplete knowledge, added to bad materials, "a bad job is made of it." People soon find him out, and simply let him alone; and he is forced to do anything that offers, make mortar, sweep the streets, saw wood, take up the hod, dig ditches, and the like. But such occupations are very precarious. There is not always work to do. There are rainy days, and snowy days, and days of frost; but he and his family must eat on these days as well as others, and he either goes in debt, or endeavors to live by his wits. He engages in unlawful practices, or associates with idlers, or hangs around drinking places, and the station-house, the jail, the penitentiary, and the gallows, close his history.

What is the remedy? Law? Do not wait for a law. Let every father who reads this, determine at once to use all the authority he has, if he designs to make a mechanic of his son, in compelling that son to become as much a master of his calling, as can possibly be done by the time he arrives at the age of twenty-one years; and, if not perfect in his business then, pay him as liberal wages as circumstances will allow, to induce him to remain until he is master of his calling; the result will be, that employers will feel a greater confidence that work will be well done, and with this will come higher wages, a more liberal remuneration, and more work; for many a man is prevented from making improvements, or having repairs done, because of the almost utter impossibility of having them done honestly and well. Thus it is that the great mass of mechanics are doomed to poverty for life; are doomed to live from hand to mouth; must live on each day's labor, and, without that labor, must stint, or cheat, or hunger. On the other hand, go to any first-rate workman in any branch, any day in the year, in a large city like New York, and you will never fail to find him "forehanded;" he always has work to do, and you are compelled to "wait your turn." First-rate mechanics are always in demand, and seldom fail, not only to make money, but to save it; and with that, to elevate themselves, their families, and their calling; but these are in such a minority, that the more numerous incompetent, and hence thriftless, class, are the ones who give character to the name of mechanic, which is too often a low one; when, if every one was a master workman, it would be but another name for industry, elevation, and thrift.

FARMERS' WIVES OVERTAXED.

THERE is scarcely any lot in life, in this country, which promises so much quiet enjoyment, such uniform health and uninterrupted prosperity, as that of a gentleman farmer's wife; of a man who has a well-improved, well-stocked plantation, all paid for, with no indebtedness, and a sufficient surplus of money always at command, to meet emergencies, and to take advantage of those circumstances of times and seasons and changing conditions which are constantly presenting themselves. Such a woman is incomparably more certain of living in quiet comfort to a good old age than the wife of a merchant-prince, or one of the money-kings of Wall street; who, although they may clear thousands in a day, do, nevertheless, in multitudes of cases, die in poverty, leaving their wives and daughters to the sad heritage of being slighted and forgotten by those who once were made happy by their smiles; and to pine away in tears and destitution. On the other hand, it is often a sad lot indeed to be the wife of a farmer who begins married life by renting a piece of land or buying a "place" on credit, with the moth of "interest" feeding on the sweat of his face every moment of his existence.

The affectionate and steady interest, the laudable pride, and the self-denying devotion which wives have for the comfort, prosperity, and respectability of their husbands and children, is a proverb and a wonder in all civilized lands. There is an abnegation of self in this direction, as constant as the flow of time; so loving, so uncomplaining, so heroic, that if angels make note of mortal things, they may well look down in smiling admiration. But it is a melancholy and undeniable fact, that in millions of cases, that which challenges angelic admiration fails to be recognized or appreciated by the very men who are the incessant objects of these high, heroic virtues. In plain language, in the civilization of the latter half of the nineteenth century, a farmer's wife, as a too general rule, is a slave and a drudge; not of necessity, by design, but for want of that consideration, the very absence of which, in reference to the wife of a man's youth, is a crime. It is perhaps safe to say, that on three farms out of four, the wife works harder, endures more,

than any other on the place; more than the husband, more than the "farm-hand," more than the "hired help" of the kitchen. Many a farmer speaks to his wife, habitually, in terms so imperious, so impatient, so petulant, that if repeated to the scullion of the kitchen, would be met with an indignant and speedy departure, or if to the man-help, would be answered with a stroke from the shoulder, which would send the churl reeling a rod away!

2. In another way a farmer inadvertently increases the hardships of his wife; that is, by speaking to her or treating her disrespectfully in the presence of the servants or children. The man is naturally the ruling spirit of the household, and if he fails to show to his wife, on all occasions, that tenderness, affection, and respect, which is her just due, it is instantly noted on the part of menials, and children too, and they very easily glide into the same vice, and interpret it as an encouragement to slight her authority, to undervalue her judgment and to lower that high standard of respect, which of right belongs to her. And as the wife has the servants and children always about her, and is under the necessity of giving hourly instructions, the want of fidelity and promptness to these, is sufficient to derange the whole household, and utterly thwart that regularity and system, without which there is no domestic enjoyment, and but little thrift on the farm.

The indisputable truth is, that there is no other item of superior, or perhaps equal importance, in the happy and profitable management of any farm, great or small, than that every person on it should be made to understand, that deference and respect and prompt and faithful obedience, should be paid, under all circumstances, to the wife, the mother, and the mistress; the larger the farm, the greater interests there are at stake. If poor, then the less ability is there to run the risk or losses which are certain to occur in the failure of proper obedience. An illustration: a tardy meal infallibly ruffles the temper of the workmen, and too often of the husband; yet all the wife's orders were given in time; but the boy has lagged in bringing wood; or the cook failed to put her loaf to bake in season, because they did not fear the mistress, and the master was known not to be very particular to enforce his wife's authority. If by these causes a dinner is thrown back half an

hour, it means on a good-sized farm a loss of time equivalent to the work of one hand a whole day; it means the very considerable difference between working pleasantly and grumbly the remainder of the day; it means in harvest-time, in showery weather, the loss of loads of hay or grain.

3. Time and money and health, and even life itself, are not unfrequently lost by a want of promptitude on the part of the farmer in making repairs about the house, in procuring needed things in time, and failing to have those little conveniences which although their cost is even contemptible, are in a measure, practically invaluable. I was in a farmer's house one night; the wife and two daughters were plying their needles industriously by the light of a candle, the wick of which was frequently clipped off by a pair of scissors. I asked the husband why he did not buy a candle-snuffer. "Oh! the scissors are good enough." And yet he owned six hundred acres of fine grazing lands, and every inch paid for. I once called on an old friend, a man of education, and of a family, loved and honored all over his native State. The buildings were of brick, in the center of an inherited farm of several hundred acres. The house was supplied with the purest, coldest, and best water from a well in the yard; the facilities for obtaining which were a rope, one end of which was tied to a post, the other to an old tin pan, literally. The discomfort and unnecessary labor involved in these two cases, may be estimated by the reader at his leisure.

I know it to be the case, and have seen it on many Western farms, when firewood was wanted, a tree was cut down and hauled bodily to the door of the kitchen; and when it was all gone, another was drawn up to supply its place; giving the cook and the wife, green wood with which to kindle and keep up their fires.

There are thousands of farms in this country, where the spring which supplies all the water for drink and cooking, is from a quarter to more than half a mile distant from the house, and a "pailful" is brought at a time, involving five or ten miles' walking in a day, for months and years together; when a man in half a day could make a slide and with a fifty cent barrel could in half an hour deliver, at the door, enough to last the whole day. How many weeks of painful and expensive sick-

ness; how many lives have been lost of wives and daughters and cooks, by being caught in a shower between the house and the spring, while in a state of perspiration or weakness, from working over the fire, can not be known; but that they may be numbered by thousands, will not be intelligently denied.

Many a time a pane of glass has been broken out, or a shingle has been blown from the roof, and the repair has not been made for weeks or many months together; and for want of it, have come agonizing neuralgias; or a child has waked up in the night with the croup, to get well only with a doctor's bill, which would have paid twenty times for the repair; even if a first-born has not died, to agonize a mother's heart to the latest hour of life; or the leak in the roof has remained, requiring the placing of a bucket or the washing of the floor at every rain; or the "spare bed" has been wetted and forgotten; some visitor or kind neighbor, or dear friend has been placed in it, to wake up to a fatal fever, as was the case with the great Lord Bacon.

4. Brutalities are thoughtlessly sometimes, and sometimes recklessly perpetrated by farmers on their wives as follows: a child or other member of the family is taken sick in the night; the necessary attention almost invariably falls on the wife, to be extended to a greater part, if not the whole night. Wearied with the previous day's duties, with those sollicitudes which always attend sickness; with the responsibilities of the occasion, and a loss of requisite rest, the wife is many times expected to "see to breakfast" in the morning, as if nothing had happened. The husband goes to his work, soon becomes absorbed in it, and forgets all about the previous night's disturbance; meets his wife at the dinner-table; notices not the worn-out expression on her face; makes no inquiry as to her feelings; and if anything on or about the table is not just exactly as it ought to be, it is noticed with a harshness which would be scarcely excusable if it had been brought about with a deliberate calculation.

The same thing occurs multitudes of times during the nursing periods of mothers; how many nights a mother's rest is broken half a dozen times by a restless, crying, or ailing infant, every mother and observant man knows; in such cases, the farmer goes into another room, and sleeps soundly, until the

morning, and yet, in too many cases, although this may be, and is repeated several nights in succession, the husband does not hesitate to wake his wife up with the information that it is nearly sunrise; the meaning of which is, that he expects her to get up and attend to her duties. No wonder that in many of our lunatic asylums, there are more farmers' wives than any other class; for there is no fact in medical science more positively ascertained, than that insufficient sleep is the most speedy and certain road to the madhouse; let no farmer then, let no mechanic, let no man, who has any human sympathy still left, allow his wife to be waked up in the morning, except from very urgent causes; and further, let them give every member of the household to understand that quietude about the premises is to be secured always until the wife leaves her chamber; thus having all the sleep which nature will take, the subsequent energy, cheerfulness, and activity which will follow, will more than compensate for the time required to "get her sleep out;" not only as to her own efficiency, but as to that of every other member of the household; for let it be remembered that a merry industry is contagious.

There are not a few farmers whose imperious wills will not brook the very slightest dereliction of duty on the part of any hand in their employ; and whose force of character is such, that every thing on the farm, outside the house, goes on like clockwork. They look to their wives to have similar management indoors; and are so swift to notice, even slight shortcomings, that at length their appearance at the family table has become inseparable from scenes of jarring, fault-finding, sneering, depreciating comparisons, if not of coarse vituperation, of which a savage might well be ashamed; and all this, simply from the failure to remember that they have done nothing to make the wife's authority in her domain, as imperative as their own; they make no account of the possible accidents of green wood to cook with; of an adverse wind which destroys the draft of the chimney; of the breaking down of the butcher's cart; or the failure of the baker to come in time; they never inquire if the grocer has not sent an inferior article, or an accident has befallen the stove or some cooking utensil. It is in such ways as these, and millions more like them, that the farmer's wife has her whole existence poisoned by those daily tor-

tures which come from her husband's thoughtlessness, his inconsideration, his hard nature, or his downright stupidity. A wife naturally craves her husband's approbation. "Thy desire shall be to thy husband," is the language of Scripture; which, whatever may be the specific meaning of the quotation, certainly carries the idea that she looks up to him, with a yearning inexpressible, for comfort, for support, for smiles and sympathy; and when she does not get these, the whole world else is a waste of waters, or life a desert, as barren of sustenance as the great Sahara. But this is only half the sorrow; when in addition to this want of approbation and sympathy, there comes the thoughtless complaint; the remorseless and repeated fault-finding and the contemptuous gesture, when all was done that was possible under the circumstances—in the light of treatment like this, it is not a wonder that settled sadness and hopelessness is impressed on the face of many a farmer's wife, which is considered by the thoughtful physician, as the prelude to that early wasting away, which is the lot of many a virtuous and faithful and conscientious woman.

The attentive reader will not fail to have observed, that the derelictions adverted to on the part of farmer husbands, are not regarded necessarily as the result of a perverse nature; but rather in the main, from inconsideration or ignorance; but from whatever cause, the effect is an unmixed evil; and it is to be hoped, that our religious papers, and all agricultural publications, will persistently draw attention to these things, so as to excite a higher sentiment in this direction. It can be done and ought to be done; and high praise is justly due to the Honorable the Commissioner of the Agricultural Department, in that he has expressly desired, that an article should be written on the subject of the hardships and the unnecessary exposures of farmers' wives, to the end that information and instruction should be imparted in this direction; it is at once an evidence of a high and manly and generous nature.

There are some suggestions to be made with a view to lightening the load of farmers' wives, the propriety, the wisdom, and advantages of which, can not fail to be impressed on every intelligent mind.

1. A timely supply of all that is needed about a farmer's house and family, is of incalculable importance; and when it is consid-

ered that most of these things will cost less to get them in season, and also that a great deal of unnecessary labor can be avoided by so doing, it would seem only necessary to bring the fact distinctly before the farmer's mind, to secure an immediate, an habitual and a life-long attention. The work necessary to keep a whole household in easily running order, is very largely curtailed by having every thing provided in time, and by taking advantage of those little domestic improvements devised by busy brains, and which are brought to public notice weekly in the columns of such papers as the *Scientific American* of New-York, for two dollars a year; in fact, it is of such a practical nature as to household matters that the writer has heretofore repeatedly suggested its patronage to the agricultural community, in spite of its repelling name to the more unlearned folk, who too often attach the idea of abstruseness, of difficulty of apprehension to any thing which has the word "scientific" attached to it; not knowing that it is the very essence of true science, its end and aim, to bring all truth to the easy comprehension of ordinary minds.

2. It requires less time and less labor to have the winter's wood for house-heating and cooking brought into the yard and piled up cozily under a shed or placed in a wood-house, in November, than to put it off until the ground is saturated with water, allowing the wheels to sink to the hub in mud; or until the snow is so deep as to make wheeling impossible.

3. It is incalculably better to have the potatoes and other vegetables gathered and placed in the cellar or in an outhouse near by in the early fall, so that the cook may get at them under cover; than to put it off week after week, until near Christmas; compelling the wife and servants once or twice every day, to leave a heated kitchen, and most likely with thin shoes, go to the garden with a tin pan and a hoe, to dig them out of the wet ground and bring them home in slosh or rain. The truth is, it perils the life of the hardiest persons, while working over the fire in cooking or washing, to go outside the door of the kitchen for an instant; a damp, raw wind may be blowing, which coming upon an inner garment, throws a chill or the clamminess of the grave over the whole body in an instant of time, to be followed by the reaction of fever, or fatal congestion of the lungs; or by making a single step in the mud, which is in tens of thousands

of cases allowed to accumulate at the very door-sill, for want of a board or two, or a few flat stones, not a rod away.

4. No farmer's wife who is a mother ought to be allowed to do the washing of the family; it is perilous to any woman who has not a vigorous constitution. The farmer, if too poor to afford help for that purpose, had better exchange a day's work himself. There are several dangers to be avoided while at the tub—it requires a person to stand for hours at a time; this is a strain upon the young wife or mother, which is especially perilous—besides, the evaporation of heat from the arms, by being put in warm water and then raised in the air alternately, so rapidly cools the system that inflammation of the lungs is a very possible result; then, the labor of washing excites perspiration and induces fatigue; in this condition the body is so susceptible to taking cold that a few moments' rest in a chair, or exposure to a very slight draft of air, is quite enough to cause a chill, with results painful or even dangerous, according to the particular condition of the system at the time. No man has a right to risk his wife's health in this way, however poor, if he has vigorous health himself; and, if poor, he can not afford, for the five or six shillings which would pay for a day's washing, to risk his wife's health, her time for two or three weeks, and the incurring of a doctor's bill, which it may require painful economies for months to liquidate.

5. Every farmer owes it to himself, in a pecuniary point of view, and to his wife and children, as a matter of policy and affection, to provide the means early for clothing his household according to the seasons, so as to enable them to prepare against winter especially. Every winter garment should be completed by the first of November, ready to be put on when the first winter day comes. In multitudes of cases valuable lives have been lost to farmers' families by improvidence as to this point. Most special attention should be given to the under-clothing; that should be prepared first, and enough of it to have a change in case of an emergency or accident. Many farmers are even niggardly in furnishing their wives the means for such things; it is far wiser and safer to stint the members of his family in their food than in the timely and abundant supply of substantial under-clothing for winter wear. It would save an incalculable amount of hurry and its attendant vexations, and also of wearing anxiety, if farmers were to supply their wives with the

necessary material for winter clothing as early as mid-summer. In this connection it would be well for farmers to learn a lesson of thrift from some of our long-headed city housewives; it is particularly the habit of the well-to-do, the forehanded, and the rich, by which they legally and rightfully get at least twenty per cent for their money; it is simply to purchase the main articles of clothing at the close of any season, to be made up and worn the corresponding season of next year. Merchants uniformly aim, especially in cities, to "close out" their stocks, for example, for the winter, at the end of winter or beginning of spring; they consider it profitable to sell out the remnant of their winter stock in March, at even less than cost, for on what they get for these remnants they make three profits, on the spring, the summer, and the fall goods; whereas, had they laid by their winter stock they would have had but one profit, from which would have to be deducted the yearly interest, storage, and insurance. Thus, by purchasing clothing materials six or eight months beforehand, the farmer not only saves from twenty to forty per cent of the first cost, but gives his wife the opportunity of working upon them at such odds and ends of time as would otherwise be unemployed in a measure, and would enable her also to have every thing done in a better manner, simply by having abundant time, thus avoiding haste, vexation, solicitude, and disappointment, for nothing so clouds a household as a sense of being behindhand and of the necessity of painful hurry and effort.

6. Few things will bring a more certain and happy reward to a farmer than for him to remember his wife is a social being, that she is not a machine, and therefore needs rest, and recreation, and change. No farmer will lose in the long run, either in money, health, or domestic comfort, enjoyment, and downright happiness, by allotting one afternoon in each week, from mid-day until bed-time, to visiting purposes. Let him, with the utmost cheerfulness and heartiness, leave his work, dress himself up, and take his wife to some pleasant neighbor's, friend's, or kinsman's house, for the express purpose of relaxation from the cares and toils of home, and for the interchange of friendly feelings and sentiments, and also as a means of securing that change of association, air, and food, and mode of preparation, which always wakes up the appetite, invigorates digestion, and imparts a new physical energy, at once delightful to see and to

experience ; all of which in turn tend to cultivate the mind, to nourish the affections, and to promote that breadth of view in relation to men and things which elevates, and expands, and ennobles, and without which the whole nature becomes so narrow, so contracted, so jejune and uninteresting, that both man and woman become but a shadow of what they ought to be.

7. Let the farmer never forget that his wife is his best friend, the most steadfast on earth, would do more for him in calamity, in misfortune, and sickness, than any other human being, and that on this account, to say nothing of the marriage vow, made before high heaven and before men, he owes to the wife of his bosom a consideration, a tenderness, a support, and a sympathy, which should put out of sight every feeling of profit and loss the very instant they come in collision with his wife's welfare as to her body, her mind, and her affections. No man will ever lose in the long run by so doing ; he will not lose in time, will not lose in a dying hour, nor in that great and mysterious future which lies before all.

8. There are "seasons" in the life of women which, as to some of them, so affect her general system, and her mind also, as to commend them to our warmest sympathies, and which imperatively demand from the sterner sex the same patience, and forbearance, and tenderness which they themselves would want meted out to them if they were not of sound mind. At these times, some women, whose uniform good sense, propriety of deportment, and amiability of character command our admiration, become so irritable, fretful, complaining, quarrelsome, and unlovely as to almost drive their husbands mad ; their conduct is so inexplicable, so changed, so perfectly causeless, that they are almost overcome with desperation, with discouragement, or indignant defiance of all rules of justice, of right, or of humanity. The ancients, noticing this to occur to some women for a few days in every month, gave it the appellation of "Lunacy," Luna being the Latin name for moon or monthly. Some women, at such times, are literally insane, without their right mind, and, as it is an infliction of nature, far be it from any husband, with the feelings of a man, to fail at such times to treat his wife with the same kind care, and extra tenderness, and pitying love that he would show to a demented only child. The skillful physician counsels in such cases the scrupulous avoidance of every word, or action, or even look which by any

possibility could irritate the mind, excite the brain, or wound the sensibilities, and, as far as possible, to yield gracefully and good-naturedly to every whim and every caprice, to seem to control in nothing, to yield in all things; under these calming influences the mind sooner resumes its wonted rule, the heart gushes out in new loves and wakes up to a warmer affection than was ever known before. A misunderstanding of the case and an impatient resistance at all points has before now driven women to desperation, to a life-long hate, to suicide, or to a fate worse than all—to peer through the iron bars of a lunatic's cell for a long and miserable lifetime. Let every husband who has a human heart mature the subject well.

9. In these and other peculiar states of the system, arising from nervous derangement, women are sometimes childish, and various curious phenomena take place: there is an inability to speak for a moment or a month, the heart seems to "jump up in the mouth," or there is a terrible feeling of impending suffocation; at other times there are actual convulsions, or, an uncontrollable bursting out into tears; these and other disagreeable phenomena are derisively and unfeelingly called "hysterics" or "nervousness," but they are no more unreal to the sufferer than are the pains of extraction for "nothing but the toothache." These symptoms are not unfrequently set down to the account of perverseness, when it should no more be done than to call it perversity to break out in uncontrollable grief at the sudden information of the death of the dearest friend on earth. The course of conduct to be pursued in cases of this kind is at once the dictate of science, of humanity, and of common-sense, it is to sympathize with and soothe the patient in all ways possible, until the excess of perturbation has passed away and the system calms down to its natural, even action.

10. Unless made otherwise by a vicious training, a woman is as naturally tasteful, tidy, and neat in herself and as to all her surroundings as the beautiful canary which bathes itself every morning, and will not be satisfied until each rebellious feather is compelled to take the shape and place which nature designed. It is nothing short of brutality to war against those pure, elevating, and refining instincts of a woman's better nature, and it is a husband's highest duty, his interest, and should be his pleasure and his pride to sympathize with his wife in the cultivation of these instincts, and to cheerfully afford her the neces-

sary means, as far as he can do so consistently. No money is better spent on a farm or any where else than that which enables the wife to make herself, her children, her husband, and her house appear fully up to their circumstances. The consciousness of a torn or buttonless jacket or soiled dress degrades a boy or girl in their own estimation, and who that is a man does not feel himself degraded under the consciousness that he is wearing a dirty shirt? The wife who is worthy of the name will never allow these things if she is provided with means for their prevention, and it is in the noble endeavor to maintain for herself and family a respectability of appearance which their station demands, with means and help far too limited, which so irritates, and chafes, and annoys her proper pride, that many a time the wife's heart, and constitution, and health are all broken together. This is the history of multitudes of farmers' wives, and the niggardly natures which allow it, after taking an intelligent view of the subject, are simply beneath contempt. What adds to the better appearance of the person, elevates; what adds to the better appearance of a farm, increases its value and the respectability of the occupant; so that it is always a good investment, morally and pecuniarily, for a farmer to supply his wife generously and cheerfully, according to his ability, with the means of making her family and home neat, tasteful, and tidy. A dollar's worth of lime, a shilling ribbon, or a few pennies' worth of paint may be so used as to give an impression of life, of cheerfulness, and of thrift about a home altogether beyond the value of the means employed for the purpose.

Finally, let the farmer always remember that his wife's cheerful and hearty coöperation is essential to his success, and is really of as much value in attaining it, all things considered, as any thing that he can do; and as she is very certainly his superior in her moral nature, it legitimately follows that he should not only regard her as his equal in material matters, but should habitually accord to her that deference, that consideration, and that high respect which is of right her due, and which can never fail to impress on the children and servants, who daily witness it, a dignity and an elevation of manner, and thought, and feeling, and deportment which will prove to all who see them that the wife is a lady and the husband a man, a gentleman; and a large pecuniary success, with a high moral position and wide social influence, will be the almost certain results.

NOTICES, ETC.

Wilson's Presbyterian Historical Almanac.—This important volume, in which the Annual Chronicles of the Presbyterian Church are faithfully recorded, is found in the study of every devoted minister, in the library of every intelligent elder, and in the household of every active member of the Church. No one wishing to become fully acquainted with the current history of every department of the Church can do without it; and in testimony of its value, the General Assemblies and Synods of the various Presbyterian bodies have strongly commended it to the people under their care. It makes a large octavo volume, and is published on the following terms to subscribers: In plain style, with edges cut, \$1.50; in plain style, with edges uncut, \$1.50—sent by mail, free of postage, to all who prepay. To non-subscribers the price will be \$2. The Almanac for 1859, 1860, 1861, and 1862 can be supplied at \$1.50 each; when sent by mail, 15 cents additional for postage will be required. Persons can subscribe for the Almanac for 1863 at any time previous to its publication, which will be in January or February, 1863. Address: Joseph M. Wilson, No. 111 South Tenth street, Philadelphia.

The Illustrated Annual Register of Rural Affairs and Cultivators' Almanac for 1863, containing practical suggestions for the farmer and horticulturist, embellished with 140 engravings, including dairy apparatus, fruit and fruit-trees, architecture, plants, implements, insects, etc., by J. J. Thomas, editor of the *Country Gentleman*, (\$2 a year.) Albany, N. Y. The *Register* is sent post-paid for 25 cents. 340 pages.

The American Tract Society of Boston, 28 Cornhill, and J. G. Broughton, 13 Bible House, New-York City, have issued three more beautifully executed volumes: **Fragrance from Crushed Flowers**, which affords delicious food for every parent who has lost a little child. It is a sweet, sweet book; it begins with Longfellow's "Resignation:"

"There is no flock, however watched and tended," etc.

Maple Hill, or Aunt Lucy's Stories. The Moss-Rose, by Rev. P. B. Power, of Worthington, England. Sent, post-paid, for 30 cents each.

The Country Gentleman, issued weekly at Albany, N. Y., for \$2 a year, is heartily commended to the patronage of our numerous farmer readers.

Hall's Journal of Health for 1863.—All subscriptions must begin with the January number. Postage within the State of New-York is three cents a year, and six cents a year out of the State, to be paid in both cases in advance to the postmaster who delivers the numbers.

The receipt of any number of the JOURNAL is proof that it is paid for, either by the person who receives it or by some friend of the recipient, as the JOURNAL is never sent without an order and prepayment also.

☞ If a subscriber fails to receive the JOURNAL by the seventh day of the month for which it is issued, he must give notice of the same before that month expires, when the missing number will be sent without charge; otherwise missing numbers must be paid for—ten cents each. SPECIMEN NUMBERS need not be ordered unless the money is sent for the same. Our experience is, that in three cases out of four, those who send for them and club-rates have no intention of subscribing or soliciting subscribers, but simply want to get a number without paying for it. We will not be bothered with club-rates. Whoever does not value the JOURNAL to the amount of a dollar does not value it enough to be benefited by it, and such had better spend their money in some other way.

Our subscription-list for 1862 exceeded that of 1861; and as the JOURNAL OF HEALTH more than pays its way, directly, if it has not a single subscriber, it is independent of specimen-seekers. A great many numbers are given away cheerfully every year, but we do not wish to countenance deceptions. If a person sends ten cents for a specimen number, and afterwards concludes to subscribe, that amount will be deducted from the subscription-price, if the number already sent is specified.

WORCESTER'S HINGED-PLATE PIANO-FORTES.

WAREROOMS AND MANUFACTORY,

Corner of Fourteenth Street and Third Avenue, N. Y.

THESE instruments are made in accordance with a principle recently developed and patented by HORATIO WORCESTER, which consists in the use of a divided iron plate instead of the solid one heretofore in vogue. The detached piece is coupled with the inner plate by means of a link at the base end, and is sustained in its proper position by the tension of the strings, which are attached to it in the usual manner. This gives to the strings a greatly increased power of vibration, and frees the sounding-board so as to allow it to reverberate throughout its whole extent. The increase obtained in volume and musical quality of tone is carefully estimated to be full ONE HUNDRED PER CENT, as stated upon the authority of Louis M. Gottschalk, William Mason, William Berge, E. Muzio, Theodore Thomas, David R. Harrison, Charles Fradel, Christian Berge, Harry Sanderson, S. B. Mills, Antonio Bagioli, Henry C. Timm, William Scharfenberg, Max Maretzek, John N. Pattison, George W. Morgan, and many other distinguished artists. Attention is respectfully invited to the following opinions of the improvement from leading journals:

From the New-York World, December 17th, 1862.

PIANO-FORTES.—It has been a subject of regret to many that the leading piano-forte factors have devoted more attention to perfecting instruments designed for concert rather than family use. The grand piano has, as we have from time to time endeavored to show, been beautified and increased in tone, by one means and another, until the margin for genuine improvement seems now to be exceedingly narrow. These instruments, however, are, by reason of their costliness, in but limited demand, the bulk of the business done being confined to the ordinary square piano. Taking the country over, probably not more than one grand is sold for every hundred of its lesser kindred. This fact being apparent, it is remarkable that the intelligence, time, and money of the most scientific makers should be expended so liberally in devising plans for developing new excellences of tone in one class to the comparative neglect of the other. The only important instance to the contrary that has come under our notice during the past few years is that of Mr. H. Worcester, who has labored diligently and successfully to emancipate all the tone resident in the smaller piano. The principle upon which the instrument has been universally constructed does not admit of the full unrestricted vibration of the strings, and precludes the possibility of obtaining more than a half—or two-thirds at most—of the reverberatory power of which the sound-board is capable. Here, then, is a great waste of tone. Without altering the scale or in any wise infringing upon the important features of the instrument, Mr. Worcester, by a very simple contrivance in the make and use of the iron plate, has caused the strings and board to yield their full quota of vibration and sound. The board has lost its rigidity under the plate, and is capable of musical utterance throughout its whole extent. A more extended technical elucidation of the mechanism involved would but embarrass the majority of readers, and may therefore be properly dispensed with. Results are all that we need mention. The power, the sweetness, the purity of the tone of the instruments whose resources have in this way been fairly developed is unrivaled. The scale is found to be more evenly balanced than was ever possible before, while the notes possess in high degree those qualities which render the tones of the concert grand unique. The value of an invention of this sort may be in a measure realized by the unanimous approbation with which it has been met from the most reliable pianists and musical writers, to gainsay whose opinion would be ridiculous. The advantages which Mr. Worcester's ingenuity has conferred upon the most popular instrument are, as the drift of our remarks would show, within the reach of the greater portion of the musical community, and consequently of redoubled importance.

From the Musical Review and World, October 18th, 1862.

The curious improvement lately introduced in the manufacture of square piano-fortes, by Mr. H. Worcester of this city, and upon which we commented at length some time ago, has, we are pleased to find, been well appreciated by the public, as well as by the musical profession and the press. The latest application of the hinged-plate principle has been in some wooden frame instruments of this excellent maker. The quality of tone obtained in them is extremely good—being rich and flute-like in the upper octaves, and vigorous and melodious in the base. A noticeable feature in the Worcester pianos at present is the remarkable strength and evenness of the treble tones, a fact that causes them to find favor with a great many players.

Complimentary notices have also appeared in the *New-York Daily Times*, *Tribune*, *Evening Post*, *Express*, *Commercial Advertiser*, *Spectator*, *Scientific American*, *Frank Leslie's Illustrated Newspaper*, *Saturday Evening Courier*, *Home Journal*, *Leader*, *Brooklyn City News*, *Weekly Standard*, *Chicago Tribune*, *Dwight's Journal*, *Boston Saturday Evening Gazette*, *Hall's Journal*, and other publications, all of which indorse the Worcester modification in the strongest terms.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

MARCH, 1863.

[No. 3.

DIRT.

FILTH, disease, and moral death are associated together in all times and places; and one of the most direct, efficient and speedy means of promoting the physical health of individuals and communities is to bring them under the influence of sound moral and religious principles, through the instrumentality of the Bible, the pulpit, and properly conducted Sunday-schools and Sunday reading. True religion not only purifies the sentiments and the heart, but washes a man's clothes, neatly patches every worn-out garment, keeps his house or farm in good repair, and inaugurates system, promptitude, exactness, courtesy, and a spirit of generous forbearance and kindly accommodation in every household. It is not intended to say there is no piety where these things are not found, but they most certainly do abound in proportion as Christianity has her "perfect work," hence the articles which first follow are not out of place in a Journal of Health. No system of hygiene can be complete which does not include that temperance, industry, and personal purity which the sacred writings often and strongly insist upon.

PULPIT POWER

Is in "The Word," which "is sharper than a two-edged sword;" which "goeth forth," "conquering and to conquer," and does "not return—void." In all ages, the greatest preachers, those who have accomplished most in "winning souls," were those who had the Scriptures at their fingers' end; whose clearest expositions of the Bible were those which the Bible gave of itself. In Abraham's day, in Jacob's, and later, during the Theocracy in the Wilderness, and on to the times of Peter and Paul, and the more modern orators of the Church, the most powerful addresses were those which were either almost wholly derived from Scripture histories, or from a narration of facts occurring within the memory of the multitude addressed.

The Bible is declared to be "the power—unto salvation;" it is the main instrument in the world's redemption from vice, and its elevation to purity, peace, and immortal life. Bible-reading men do not deny these things in theory, but many there are, too many, alas! who abnegate them in their daily practice; and the custom of the times is tending to a passive rejection of the Sacred Scriptures; not, indeed, by denying their authority, but by letting them go out of sight. Whatever, then, promotes the oblivion of the Bible, is adverse to the best interests of Christianity; and they who are its fastest friends, can never be so well employed as in counteracting these influences, which are kept at work by the arch enemy of man, and by the passions and frailties of our nature.

The tendencies of the times are more and more to fiction, less and less to fact. Fiction, indeed, may have its uses in reasonable bounds, and in judicious hands; but, as an almost universal vehicle of sentiment, it not only weakens the mind, it paralyzes the intellect and debases the heart. The majority of new books are books of fiction. Three-fourths of all the reading matter of the multitudinous periodicals of the hour is admitted fiction, and a very large share of it is the merest namby-pamby, or deals in the wildest exaggerations of all that is degrading in action, vicious in morals, and horrible in fact. Dictionaries are thumbed and worn out in the search of words of the most awful significancy, and these are printed in mammoth letters of black, red, and blue, and are pasted on the sidewalk, against the gutter-stones, on lamp-posts and fences and blind walls, in order to force the attention of the hasty throngers of the streets, to papers, and books, and magazines which are worse

than worthless. Within a block of the Bible House, a wall was covered during the Anniversaries with posters, having, among other headings, Adultery, Murder, Blood, Fiends, Ghouls!

These things are not confined to the most degraded newspapers. Wood-cuts by the dozen, in successive months, have been the main feature of weeklies, claimed to be owned by respectable people, and written for by professional men, and purchased by scholars and reputable fathers and mothers, to be read by daughters just emerging into womanhood; pictures representing murders the most atrocious; the brutalizing of almost denuded women; the fac-similes of adulterous confessions, with most disgusting particularities. Not only has the secular press been drawn into this vitiated current of public demand, but portions of the semi-religious and the professedly religious have so far fallen in with the tide, as to devote one or more columns of their weekly issues to the recital of histories, which are no histories at all, of things which never passed as narrated, except in the brains of their imaginative writers.

Nor is this all; this fictitious literature is so prevalent, that it has crept into religious libraries; the fore time "tract," which, as long as it was a verity, was a power in Christendom, is now so loaded down with fictitious, or largely exaggerated narrations, that it is a Samson shorn of the locks of strength. And, more, when Sunday-school books were literal records of actual occurrences, such as the Dairyman's Daughter, and Henry Martin, and Claudius Buchanan, and Harlan Page, their influences for good were precious beyond compare. But who shall say that one in a dozen later "stories" are literally facts? that there are not "fillings in" "to match," which destroy their truthfulness? And what are our "Anniversaries," when compared with those of glorious memories of twenty-five years ago! They are the shell without the kernel; they are the sound without the substance; their platforms are arenas for exaggeration, for effect, for "management," akin to legerdemain, not wholly so, but so in part, too large; in part so large, as to suggest the inquiry in watchful and conservative minds, whether they are not, on the whole, injurious?

In the light of all these things, it is suggested, if it would not be better to come back to the Bible and to plain facts, and make these, to a greater extent, "the weapons of our warfare." And such is the object of some writers, to use historical and Bible facts in the illustration of precepts and principles, which are to guide the conduct and mold the characters of the young of the families into which it may enter. Fact is stranger and stronger

than fiction. Why not, then, use it? Bible facts are the strongest of all, because they are whole facts—are true histories, and hence, as vehicles of information and illustration, are immeasurably safer than any others; and, if so, why not seek to store our children's minds with them, instead of the monstrous absurdities of heathen mythology, as contained in "all Greek, all Roman story!" The heroes of the Old Testament, of antediluvian ages, of patriarchal times, of the Theocracy, and onward—there are no stronger characters in all the world's history; they have a beauty and a power belonging to none others—the beauty and the power of truth! Why, then, throw this treasure away, and exchange it for the trash of Homer, and Ovid, and Horace, and Virgil, and then call it a "classical education!" Away with such balderdash, and let a better and a safer era be inaugurated. Let the Bible be the text-book of our children; let its facts, and its incidents, and its veritable histories, be made a part and parcel of their education; and, in due time, we will be a "nation whose God is the Lord," in that it has been "rooted and grounded" in the truth.—

WITNESSES THREE.

SHORTLY before he died, Patrick Henry, laying his hand on the Bible, said:

"Here is a Book worth more than all others, yet it is my sad misfortune never to have read it, until lately, with proper attention."

With voice and gesture, pertinent, and all his own, John Randolph said:

"A terrible proof of our deep depravity is, that we can relish and remember anything better than "THE Book."

When the shades of death were gathering around Sir Walter Scott, he said to the watcher, "Bring the Book."

"What book," asked Lockhart, his son-in-law.

"There is but ONE book," said the dying man.

With such testimony as to the value of the Sacred Scriptures, reiterated by the great and good, in all ages, it is a sealed book to many; it is voted to be excluded from our public schools, and multitudes of children are growing up ignorant of its histories, ignorant of its immortal truths, and profoundly unconscious that, to it and to its teachings, they owe all that is of solid worth in social life, in civil liberty, in human elevation, and in the hope of an immortal existence.

THE CHERISHED FLOWER.

A FRIEND once presented us with a variety of choice flower seeds, which were duly sown. Among those that came up was a plant of vigorous growth; it always looked fresh and promising, and we concluded it was of unusual value. There was no other one like it, hence we gave it special care. Others not so large began to flower early. But, thinking that early to flower, was early to fade, we gave the pet a still increased attention. The weeds were pulled up from its vicinity as soon as they appeared. The soil was kept in a mellow condition all the time; and, in default of seasonable rain, it was plentifully watered. The attention given to it did not seem to be thrown away; its stalk was strong; the leaves looked fresh and green; but Midsummer had passed, and there was no flower, not even the sign of one. This secured a still increasing care, in the confidence that it was some splendid Fall flower, which would be in its highest prime when those of a common sort had wilted and faded and died away. In proportion as there was no show, pains were taken to protect it from the heats of Summer, and to supply it with the richest manures; its spreading branches fully answered to all the pains bestowed; and no little pleasure was derived in anticipation of feasting the sight on its multitudinous beauties. At last, a flower came, but there was nothing striking about it; in fact, it was insignificant. Our thoughts then took refuge in the surmise that the value of the plant was not in its flower, but in its fruit; that it would yield an ornament for the parlor during the live long Winter, and thus be a beautiful reminder of the Spring time. We waited still, in faith and patience. At long last, the fruition of our hope was in beholding a luxuriant crop of vulgar thistles: all at once, the mind ran after a lesson from it, and a throb of anxiety flitted across our heart, like a black cloud in a Summer's sky. "May be, some child of mine, which I am cherishing with unutterable affection and tenderness, will, after years of ceaseless solicitude, show no promise of that fruitfulness which I have been looking forward to, in sweet illusions, through all the long years of helpless infancy, of dangerous childhood, of wayward youthfulness. Perhaps, that child shall yield no blooming flower, no luscious fruit; the flower and fruit of gratitude, of affectionate watchfulness, of filial deference, of implicit and swift obedience, and, last of all, that tender love, which dissolves itself in tears, when, at my dying hour, I bid a last adieu to all things earthly; but, instead of this, shall be through all my age, and down to the verge of death, only briars and

thorns to make my last bed a bed of agony; the agony of a lifetime's hopes blasted in the bud; of cherished anticipations gone out in the blackness of an eternal night." But these were errant thoughts; they were as transient as they were unwelcome; they were driven away as our soul's worst enemies.

• ANECDOTE OF THOMAS PAINE.

ONE night, in 1803, when Paine boarded with Carver, I stepped into his room while he was preaching his doctrines to eight or ten journeymen mechanics. When he ceased, I said to him :

"Mr. Paine, the first night I slept on shore in America was at No. 8 Dutch street, New York, in an open garret, on the 17th of June, 1794. The night was hot. I laid on my ship's mattress on the floor. At midnight the lightning flashed, the thunder rolled, the wind descended, the flood came, and beat on that shingle roof. I knew not what it meant. We had no shingles in Scotland. I was in bodily fear. Sleep fled from mine eyes. I arose at four, A. M., headache, heartache, and spirits sunk down to my heels. To kill time until the people were astir below, I opened my box of books to see if they were mildewed; they had been fourteen weeks in the hold of the vessel. On the top lay a small pocket Bible. It was placed there by my pious father. I opened the Book; my eye lighted on the third chapter of Proverbs. I read the chapter twice. I was astonished. My spirits revived—my pains fled. I grasped my wrought-nail hammer, and went forth with a stout heart to earn my first cent in America, resolving to take that chapter for my pilot, and the sixth verse for my chart. Having the Bible in my pocket, I read him the chapter.

"Now, said I, Mr. Paine, the whole host of French philosophers with Voltaire at their head, and thyself, with your 'Age of Reason,' and your book of 'Common Sense,' never wrote a line to teach a boy like myself (who, before going on board the ship which carried him from his country, had never been twenty miles from his father's door), how to behave in the world, and how to shun the path of the destroyer. But every verse in this chapter is a map, and the sixth verse a guide post, and no traveler, though a fool, can err." He looked earnestly in my face as I spoke, then laying his hand on my shoulder, said, "Friend Grant, thou art a young enthusiast." His father belonged to the Society of Friends.

THUS wrote Grant Thorburn to us not long ago; both he and Thomas Paine have now passed away to give in their great account; Paine in 1809; Thorburn fifty-four years later, in 1863. Paine was a drunkard, a blasphemer, a hater of his kind, and his last hours found him indulging in bitter reflections against the associates and friends of his later years. Thorburn lived temperately, industriously, and religiously; his heart literally overflowed with human kindness, and agreeable things are said of him from all parts of the country. A thousand editors will unite in recording, "Peace be to thy memory, Grant!" and will tenderly cherish the many pleasant thoughts which gather around his name; for he was a kind-hearted and cheery old man.

It may be useful and instructive, especially to the young, to contrast the manner of the ending of these two men. Stephen Grellet, a Quaker, (Friend,) lived in the same village with Paine, Greenwich, then a suburb of New-York, and thus speaks of the last days of the author of the *Age of Reason*:

"I may not omit recording here the death of Thomas Paine, A few days previous to my leaving home on my last religious visit, on hearing that he was ill, and in a very destitute condition, I went to see him, and found him in a wretched state; for he had been so neglected and forsaken by his pretended friends, that the common attentions to a sick man had been withheld from him. The skin of his body was in some places worn off, which greatly increased his sufferings. Something that had passed between us had made such an impression upon him that he sent for me, and on being told that I was gone from home he sent for another 'Friend.' This induced a valuable young friend, (Mary Rascoe,) who had resided in my family, frequently to go and take him some little refreshment suitable for an invalid. Once, when she was there, three of his deistical companions came to the door, and in a loud, unfeeling manner, said, 'Tom Paine, it is said you are turning Christian, but we hope you will die as you have lived'—and then went away; on which, turning to Mary Rascoe, he said: 'You see what miserable comforters they are.'

"Once he asked her if she had ever read any of his writings, and on being told that she had read but very little of them, he inquired what she thought of them, adding, 'from such a one as you I expect a correct answer.' She told him that when very young his *Age of Reason* was put into her hands, but the

more she read in it the more dark and distressed she felt, and she threw the book into the fire. 'I wish all had done as you,' he replied; 'for if the devil has ever had any agency in any work, he has had it in my writing that book.' When going to carry him some refreshment, she repeatedly heard him uttering the language, 'O Lord! Lord God!' or 'Lord Jesus! have mercy on me!'

"It is well known that during his last illness he wrote a good deal: this his nurse told me; but there is a total secrecy as to what has become of his writings."

Of Thorburn, the New-York *Baptist Examiner* for January 29th, 1863, says:

"Grant Thorburn's life had many lessons for the people of the present age. He was a living epitome of all the prudential virtues—honest, truthful, kirk-going, economical, temperate. It was his boast—nor was his boasting vain—that he never drank a glass of spirits in his life, nor, except under rare and dire necessity, was out of bed after nine at night, or in it after five in the morning. He eschewed all dainty living, idle companions, and profane conversation. He married early, and more than once, and was wont to wax very eloquent in praise of Franklin's celebrated advice to the young in this regard. Such a man could not fail to live long and happily, and to die loved and regretted. May he rest sweetly, for he had a gentle heart, and never wronged a living being. 'Grant Thorburn, Seedsman and Florist'—the eye still sees the sign, and one pauses again, in memory, to take the brave little Scotchman's nervous hand, and to reciprocate his quick, hearty greeting, as he trotted from one to another of his crowd of customers—every one a friend."

And the *Rochester Democrat*:

"Mr. Thorburn had considerable literary taste, and wrote stately for the daily and weekly press. Some of his sketches were of deep interest, and a volume of them was afterward published, from which, in our early days, we read with no little delight. What, however, identified his name with the literature of the day was the fact that John Galt, the Scotch novelist, made him the hero of one of his novels, under the title of *Lawrie Todd*. This at once gave him a pleasant distinction on both sides of the Atlantic, and he enjoyed it so much that he frequently signed that appellation to his published pieces. In

addition to this, a Scottish lady, (we think it was Mrs. Grant of Loggan,) paid him the tribute of a handsome notice in a volume of American travels. Mr. Thorburn subsequently visited England and Scotland, and was received with much attention, and on his return published a spicy volume on the scenes and the people he had met. He was too much an American to admire the style of society and thinking prevailing in the kingdom, although the purity of Scotch manners will always be admirable.

"Mr. Thorburn was, through life, a staunch Presbyterian, and having attended the ministry of John M. Mason, could boast of having enjoyed the finest pulpit eloquence in America. Once, at an early day, he went to Boston, where he attended a fashionable church, whose opera-music and general clap-trap was in such contrast with the grand simplicity of Dr. Mason, that, as he says, he thought himself in a theater. But things have changed since then, and simplicity is the exception now.

"Mr. Thorburn outlived all his generation; the fashion of the world had all passed away before he left it. He lived to see streets and people changed throughout, and a new city built up where once cattle pastured and boys went summering. He lived to see his pastor wear out to a state of imbecility, and from a giant become once more a child. He lived to see his children in the fourth generation, to whom he bequeaths a good name and a good example. Who will not say that this was well done for the poor friendless young emigrant of three-score and ten years ago?"

The New-York *Observer* instructively says, that "Thorburn was born at Delkeith, Scotland, February 18th, 1773; his mother died when he was only two years and a half old, leaving her son to the tender mercies of a careless nurse, under whose negligence young Thorburn grew up in a dwarfish condition—a weakly, delicate child, without proper clothing or nourishment.

"At the age of eight years Thorburn was placed under the treatment of a gipsy female doctor, known by the extraordinary soubriquet of 'Luk-a'-Things.' This half magician and half beggar had a contempt for ordinary drugs and drugging, and therefore, instead of giving 'castor-oil for an obstacle in the stomach,' she prescribed for the little patient plenty of fresh air and exercise, which had such a good effect that Thorburn soon gained strength and spirit, and was able in a short

time to walk and run with tolerable activity. The zeal of emulation thereupon began to animate him, and it became his study in every undertaking to surpass his comrades, which he generally succeeded in doing. He applied himself with earnestness to his father's business of nail-making, and soon made himself so expert that none of his fellow-workmen could approach him. It is said of him that in one day he manufactured with his own hands *three thousand two hundred and twenty-two nails* between the hours of six o'clock in the morning and nine o'clock in the evening.

"After retiring from business he went to reside at Astoria, and subsequently (for the last eight years or more) changed his residence to New-Haven, Connecticut. In mind and body he was remarkably vigorous, up to almost the very hour of his death. He was never really sick for the last forty years, and may be said to have died literally of old age.

"It was his custom to indulge in the occupation of sawing wood every day since his residence in New-Haven, by way of exercise. This operation was performed in a shed situated in a yard attached to his dwelling. When the weather was unpropitious for indulging in this species of gymnastics, the wood and saw had to be brought into the house, and the old man would set to work with great zest at his cutting, scattering sawdust plentifully on the carpet. On Tuesday last he gave the first signs of approaching dissolution. He was in his shed, as usual, sawing, when a weakness came over him, and he went off in a fainting-fit. The doctor was summoned in all haste, and applied the necessary remedies. The patient was enjoined to remain quietly in bed, while notice was sent to his connections to attend around the death-bed of their venerable relative. To remain in bed, however, was impossible for Thorburn. He must get up, and up he got on Wednesday morning, took breakfast, and went off as usual for the wood-cutting, in spite of all remonstrances. This was about nine o'clock in the morning. The next that was seen of him he was stretched on his face in the wood-shed, with life entirely extinct. Thus ended the eventful life of Grant Thorburn."

Thorburn lived temperately, religiously, cheerily, and long; and the living follow him to his grave with many pleasant memories. Paine lived the life of a sensualist and an infidel; he died in neglect and remorse, and the curses of many, whom his writings have misled and corrupted, have already followed him on to the judgment.

WISE WORKERS.

ABOUT half a dozen men, who are gentlemen as well as Christians, have accomplished more within a few months, for the better observance of the Sabbath day in New York city, than has been done in twice the number of years by the whole legislative power of the City and State put together. By a steady, earnest, courteous manner of procedure, they have, in a measure, put down the Sunday press, Sunday news crying, and Sunday grog selling. Not long ago, the editors of newspapers published on the Sabbath day, claimed it as a right to issue their papers when they pleased, and branded as tyrannous and puritanical, the effort to prevent boys from offering them for sale, at the top of their voices, in the neighborhood of churches, and to all who were going and returning. But they have been compelled, at least practically, to withdraw their claims; and some of the more respectable have made Saturday their time of issue. Sabbath after Sabbath passes, and not a cry is heard from newspaper venders, where once innumerable screeches disturbed the sleepers on the early Sabbath morning, and, on the 20th of June, the morning papers announced the gratifying fact that, "The corner groceries and the smaller class of liquor-shops, were almost universally closed (on the last Sabbath), the beneficial effects of which are found in the comparative sparseness of our police reports."

All this has been done, and more will be, not by noisy vituperation, not by the impugning of motives, not by the aid of party, not by epithet or sarcasm, nor, indeed by the aid of new laws or special enactments, but by a quiet and calm, yet determined effort, to enforce already existing statutes; at the same time, flooding the city with a plain statement of facts, with documentary evidence, and all, with that mildness of manner which those who are in the right can so well afford to exhibit, and hereby have given an example to the world of the power of firm and dignified action, as contrasted with bluster and bravado and noisy demagoguism, which last has so effectually retarded progress in other directions, and thrown back the wheels for half a century, while the actors themselves, in their rage, frothing, impotent, and atheistic, are a spectacle of pity to all men. And we heartily join in the utterance of a morning paper, that, "Great credit is due to the committee who have had the mat-in charge, for the discreet manner in which they have conducted their unyielding efforts to put an end to a demoralizing and wretch-

ed traffic. There has been neither fanaticism nor rancor in the proceedings of the committee; they have dealt with their opponents in a firm but Christian-like manner, and have prudently refrained from attempting to carry their scale of operations one inch beyond the point where they could be sustained not only by the law, but by the sanction of all prudent citizens, without regard to sect or party. If this Sunday liquor traffic can be abolished in this city, it will be through the means of such discreet and sagacious measures as have been taken to suppress it by the 'Sabbath Committee.'"

THE DYING.

"MOTHER, I can see a great distance," said a good man once, as he was just entering on the endless journey. "Ye shall see Heaven open, and the angels of God ascending and descending," was the promise to the Disciples of our Lord, and, through them, to Christians of all time. Literally, as well as metaphorically, in life, as well as in a dying hour, has the declaration being verified—verified every day in the life, as well as in the death, of the righteous; and will be, until death shall be no more. Sightings have been seen, and sounds heard—sightings and sounds, freighted with ravishing sweetness to Christian people, in the broad daylight of life and health, and in the gloom of the grave; sightings and sounds vouchsafed to cheer, when cheer is the most needed, when none can come from any mortal source, as if the very last, last moment of a Christian's life should be a fulfillment of a promise given by the Master, to be with them when they were walking "through the Valley and the Shadow of Death."

The utterances of dying Christians indicate that they see, or think they see, angelic forms, and the familiar faces of the departed dead, hovering about them, and, with smiles of ineffable sweetness, beckon them away to the elysium of the blessed. If these be mere fancies, they are delicious fancies; if facts, they are glorious beyond expression. Whether it were but a dreaming or a seeming, the angels on the ladder from earth to Heaven, and the promise of the Lord, who stood at its top, the preciousness of it was to Jacob all the same, as if it had been an embodied fact, especially as the promise which he heard in his dream was literally complied with.

The film which covers the mortal eye, and hides from physical sense the beings and the things at hand, has been brushed away

in the case of patriarchs and prophets of olden time ; and later, on the Mount of Transfiguration ; and various martyrs of after ages have had their faces so lighted up with heavenliness, that it is difficult to be accounted for, except by the fact of an actual sight of heavenly things.

But, further on in the act and article of dissolution, the sight that pierces ether, faints and fails and fades, and taste is dead, and touch is dead, and tongue, and feeling, and smell, all, all are dead. Not so the ear ; it survives them all, for it is the last sense that dies ; and it is the repeated testimony of those who have returned to life from the furthest limits beyond, that the whole atmosphere seemed to be filled with sounds so ravishing, as to be indescribable by mortal words. It has been testified to by persons who have been drowned, and then brought to, that the very last perception was that of delightful music.

A dying man sheds no tears. He calls his wife and children, his parents, his best friends, to his bed-side, and, though tear-drops rain from every eye, the contamination of tears never comes to him, never the one falls down his cheek. This is because the manufactories of life have stopped forever ; the human machine has run down at last ; every gland of the system has ceased its functions, and that is why death steps in, and, like a remorseless sheriff, takes possession and stops everything. In almost all diseases, the liver is the first manufactory that stops work, one by one the others follow, and all the fountains of life are, at length, dried up ; there is no secretion anywhere ; the lips and tongue, how dry, as we have all seen ; the skin, how dry ; or, if moistened by the damp of death, it is from mechanical causes. So the eye in death weeps not ; not that all affection is dead in the heart, but because there is not a tear-drop in it, any more than there is moisture on the lip, which undying affection, when it can do nothing else, laves incessantly with the little mop, or feather.

There is one sign of approaching dissolution. We have never seen it alluded to, and yet we have never seen it fail. When the extremities are cold, and the head, the very last part to lose all power of motion, is turned incessantly and quickly and restlessly from one side on the pillow to the other, death comes within an hour. It is worth the effort of a life-time, to be able to die well, to die at a good old age, in peace with all mankind, and in a well-grounded faith of an immortal life beyond.

FACTS FOR THE NATIVES.

It is a matter of envious remark, and ought to be one of grave reflection, that foreigners "succeed" better than Americans. In our cities and large towns, both on the seaboard and on the great rivers of the interior, the rule is, that foreigners are going up, and that native citizens are going down, as to the extent of their business, their pecuniary resources, their social position, and influence. In Cincinnati and St. Louis, it is the Dutchman who owns the corner buildings. In New York City, it is the Dutchman who is able to rent or own the corner groceries. Germans and Englishmen here wield the most capital. Our heaviest importers, our very largest commission-houses, have Europeans at their head. We can count in this city alone, foreigners by the dozen, Scotchmen, Irishmen, Germans, English, and others, who, in their youth, were without a dollar, and thousands of miles from home and friends and kindred, and, at the end of thirty years, are to-day worth their hundreds of thousands, and some estimate their fortune at millions.

On the other hand, there are multitudes of the children of native-born citizens who had fortunes to begin with, but who are now bankrupt in money, in character, and in influence; and, thriftless and idle, are going down to an early, or besotted grave.

What makes this wide difference? The poor foreigner comes here with a vivid sense of the evils and the degradation of poverty; he feels that money gives power and influence and position; and, being free to make it, he is willing to work and to save; he is industrious, self-denying and frugal, and the result is, that he rises from the very first hour that his foot touches Castle Garden. It matters not what his position was at home, he embraces the very first opportunity of earning a penny; and, if he cannot get wages at first, he will work for his board, until he can look around, or make his employer feel his worth.

Some years ago, a German youth waited on us at the Pearl Street House, in Cincinnati. There was a neatness in his clothing, an elegance in the arrangement of his hair, and an expression of countenance which indicated elevation; these, with the remarkable promptness with which he attended to his duties, induced us to make inquiries, with the result, of finding that he was willing to be a waiter, rather than spend what little money he had for board, while he was in search of a place. Three years later, he was an active

partner in a dry goods establishment, in Fifth street, near Main, when we left the city, and lost sight of him.

For near two years, a young man served us with milk, in Irving Place; he spoke English very imperfectly. We, at length, found that he was a good Hebrew and Greek scholar, and an educated Pharmacien, having spent seven years in learning the art of the apothecary. Having, at length, learned to speak English pretty well, he obtained a profitable berth in his proper calling, and, no doubt, will do well.

Our public places are being rapidly filled with foreigners. Five years ago, there was not a single German conductor on the Fourth Avenue cars, which lead up to the "regal region" about Union Square, Irving Place, and Gramercy Park; to-day, there are scarcely three Americans left—nearly all are Foreign; and, if the reason were inquired into, we are certain it would be found on the score of wages. Americans want to live like princes; to do so, they must be paid like princes; and, in default of a good salary, they throw up their situations, and knock around, dressed in their best, in order to make a good impression, and thus secure a good berth. But, before they know it, their money is exhausted; their clothing begins to look seedy; and with that they begin to feel mean—and who does not, with a bad hat and not a penny in his pocket? and the last step is to turn to politics, for a "place."

These things merit the consideration of reflecting men; and, until a better remedy is found, let the young be instructed, girls as well as boys, that honest labor is a duty—that idleness, helplessness, and thriftlessness, is a disgrace—and that poverty, with pride against work, is a crime against oneself and against society.

PUBLIC SCHOOLS.

IF any parent will take the trouble to visit any of the Public Schools of New York, say No. 50 in East Twentieth street, for girls, there cannot but be made an impression of admiration of the order, system, promptitude, and efficiency, exhibited in every department. Punctuality, Promptitude, and Truthfulness, are instilled into the minds of the children steadily, and in every possible way. They are taught to think. Their self-respect, their consciences, are constantly appealed to. The punishments are moral, more than physical or corporeal. They are excited, encouraged, or shamed,

according to the disposition and temperament. The great results are, accuracy and progress—a progress really astonishing to those who patronize private or more select schools.

We heartily accord with the justness of the sentiments of the intelligent editor of the *Brooklyn Daily Times*:

“We are persuaded that very few of our citizens, even of those who have children in the Public Schools, appreciate the completeness and variety of the instruction given. Many send their children to private schools, because they consider it “respectable” to pay for being exclusive, and different from the majority. For people who cherish this silly, shallow vanity, this preferring of appearance to reality, we have no respect, and do not care to write a line for their perusal. But there are others who, from ignorance of the mode and extent of the studies pursued in the Public Schools, infer that necessarily, because it is paid for, private school tuition must be better and more thorough than that of the Public Schools. We can only advise such to visit the schools (at any of which they will be welcomed by the principal and trustees), and they will soon be convinced of their mistake. We are glad to hear, that not only is the aggregate attendance in the schools increasing, but (as set forth by the City Superintendent in his recent report), the regularity of attendance is augmenting. And not only so, but that the increased attendance, if there be any difference, comes yet more from the children of parents who are able to pay for tuition, than from those who are so circumstanced that public school tuition is for their children the only alternative from no tuition at all.

“These lads (of No. 16, Brooklyn, Dunkley, Principal), who were aged about thirteen or fourteen, went through a variety of studies while we remained in the room. First, the teacher took up a reader—selected a chapter at random, and set them to parsing. Each boy parsed a word, the next in order the following word, and so on all round and round the class. There was no hesitation, and but a single error, which was instantly detected and rectified by the next lad to the one who made it. In fact, the boys were as attentive as a line of soldiers counting off their numbers, and as prompt and ready in their statements as we should be in repeating the Doxology. Had it not been for the complete acquaintance they evinced with the structure and composition of the sentences, one might almost have been tempted to fancy that it had been a specimen of parsing printed in the book and committed to memory.

Another of the exercises related to philology. The boys were given a word by the teacher, which they wrote on the black-boards,

with its affixes, suffixes, prefixes, &c., defining orally the original meaning, and the modifications of the meaning by the changes of form which it might be made to undergo in forming kindred words. Here again, though the words were often recondite, the pupils gave prompt and correct answers. And, from an inspection of some of their written compositions, with which we were favored by the principal, subsequently, it was evident that the lads knew how to apply the knowledge of language thus obtained, to the construction of sentences, and the correct and creditable expression of their sentiments.

"There was also an examination in the rudiments of mathematics, and one in the rules of deliberative assemblies and the Constitution of the United States. These, also, they passed very creditably.

"We were most struck, however, with the proficiency of these boys in arithmetic, both on the slate and mental. The mere effort of memory which they accomplished, in retaining the terms of the questions propounded, was surprising. Each answer was given in the form of a complete problem, logically worked out to its conclusion, through all its intermediate stages of proof. The intricacy of some of the calculations involved, the speed and accuracy with which the solution was given, the completeness and finish with which the whole operation was accomplished, and, above all, the unflagging interest in the lessons which the teacher contrived to sustain in the minds of his pupils, impressed us as the very perfection of successful instruction. After seeing the proficiency of this class in arithmetic and kindred branches, we were not astonished to hear, that no less than sixteen boys have, within a very brief period, gone straight from this class into responsible mercantile employment."

New Yorkers cannot adequately appreciate the obligations under which they are laid to the teachers of the Public Schools, for the fidelity, the assiduity, the patience, self-denial, and painful efforts necessary in bringing children forward in their studies in the manner described. It is a harder work, more trying on mind and body and heart, than plowing corn or chopping wood; and that they richly deserve the compensation they receive, the reader may easily be convinced, by trying to take care of a class of a dozen for half a day.

There are persons in New York, as well as Brooklyn, who do not send their children to the Public Schools, for fear that there is some discredit attached to it. Visions of "contamination" arise before their minds, at the thought of *their* children mixing with "every-

body's children." But these same children will have to associate in a variety of ways with "everybody," when they go out into the great world of practical life. Will any parent object to having his child associate with children who are above them, socially? They would rather prefer it, in the hope that their own children would be elevated by the association. Let such, then, have the generosity to do something towards elevating the children of those who are below them; and thus do unto others as they would have others do to them. But it is not likely that those who are so much afraid of their children being "contaminated," have sufficient greatness of soul to help others up. Poor human nature! we are ashamed of some of your phases! A man who is willing to be helped out of the mire, and then is unwilling to help others, is no man at all—he is a thing. It would greatly add to our estimate of the Public School system, if the children were confined four hours, instead of six, a day, and had no lessons to learn out of school; then they might have bodies and constitutions at twenty-one, as well as minds.

THE IRISH.

OBSERVANT persons who have traveled abroad, will bear witness with us to the truthfulness of the old remark, that "An Irish gentleman is the most finished gentleman in the world." There is a vivacity, a frankness, a cordiality, and a high sense of honor about him, which will win a way into the heart.

Another item just as true is, that it is almost impossible to find in the United States an Irishman, who is strictly temperate as to liquor, who is not a man of substance and of influence. Nothing that we could say will so fully give the idea of the loss our own country sustains, and which the Irish race sustains, in consequence of their great besetting and besotting sin. So general is it, that it may be considered a national sin—the love of drink.

What young Irish hearts can do, before this love of drink takes possession, is indexed in the tens of thousands and scores of thousands of dollars which are sent, in a monthly stream, to the Old Country, by Irish girls, the savings of menial toil, to bring decrepid parents and helpless brothers and sisters to this happier land. What shall be done to save a nation capable of deeds like these, from the Demon of Drink? It is their greatest barrier to things and deeds greater than these.

VENTILATING THEORIES.

A PAPER was read to the French Academy of Sciences in January, 1863, by M. Delbrück, who thinks it "singular that, while all medical men are unanimous in prescribing several cubic meters of pure air for each person sleeping in a room, as absolutely indispensable for health, all animals appear to shun the open air as much as possible, in order to compose themselves to sleep. Thus, the lion and tiger retire to some dark cavern, where the air is confined; the dog goes to his kennel, and thrusts his snout under his belly; birds, to which the open air would appear to be a necessity, whether asleep or awake, retire to some private corner, and put their heads under their wings. Nay, what does the school-boy do, when left in a dormitory aired with particular care. If he finds he can not fall asleep, the first thing he does is to bury his head under the bed-clothes. Hence, if, when awake, we exhale a quantity of carbonic acid, we must inhale a certain quantity of this gas during sleep, just as plants exhale by day the oxygen they absorb during the night."

A writer in *Harper's Magazine* for February, 1863, describing the people of Iceland and their homes, says: "The dark turf walls are pleasantly diversified with bags of oil hung on pegs, scraps of meat, old bottles and jars, and divers rusty-looking instruments for shearing sheep and cleaning their hoofs. The floor consists of the original lava-bed and artificial puddles composed of slops and offal of divers unctuous kinds. Smoke fills all the cavities in the air not already occupied by the foul odors, and the beams, and posts, and rickety old bits of furniture are dyed to the core with the dense and variegated atmosphere around them. This is a fair specimen of the whole establishment, with the exception of the travelers' room. The beds in these cabins are the chief articles of luxury. Feathers being abundant, they are sowed up in prodigious ticks, which are tumbled topsy-turvy into big boxes on legs, that serve for bedsteads, and covered over with piles of all the loose blankets, petticoats, and cast-off rags possible to be gathered up about the premises. Into these comfortable nests the sleepers dive every night, and, whether in summer or winter, cover themselves up under the odoriferous mountain of rags, and snooze away till morning. During the long winter nights they spend on an average about sixteen hours out of the twenty-four in this agreeable manner. When it is borne in mind that every crevice in the house is carefully stopped up in order to keep out the cold air, and that whole families frequently occupy a single apartment not over ten by twelve, the idea of being able to cut through the atmosphere with a cleaver seems perfectly preposterous. A night's respiration in such a hole is quite sufficient to saturate the whole family with the substance of all the fish and sheep-skins in the vicinity."

The filthiest people in semi-civilized creation are the fishermen of the Ferroe Islands, and yet they live longer, on an average, than any people of the globe, their death-rate being only twelve out of a thousand, of all ages, in one year: in New-York City it has been reported over thirty in a thousand annually. Several years ago, Dr. McFarlane, of New-Orleans, proved by statistics that the filthiest portion of that city, the swamp in the rear, was the last to be attacked with yellow fever, and that it abated there as soon as anywhere else; he concluded, therefore, that living in water, mud, and filth, where alligators, dogs, cats, mice, and men were in a state of putrefaction, was a preventive of yellow fever, cholera, diarrhea, etc. And yet the common-sense of every man teaches him that pure air and personal cleanliness in tidy habitations must be promotive of health in all ages and in all climes. Much of the error in morals and physics arises from confounding facts and principles with inferences and deductions. A fact is one thing, an inference is another, and often quite distinct. It is a fact that a man who had a chance of stealing a thousand dollars did not do it, but the inference that therefore he is perfectly honest is not legitimate, for, ten to one, the reason he did not do it was because he was not perfectly sure of not being found out. Many a fellow's repentance begins, not with the commission of the sin, but on the instant of his being found to have been a sinner. We must look at whole facts to become truly wise. Yellow fever and other miasmatic diseases cease among the people living in the swamps in the rear of New-Orleans as soon as anywhere else, simply because hard frosts put an end to it every where; and we know, by having lived on the spot for many years, that it appears in the swamps sooner or later in the season, not according as the people are more or less dirty, but according to the time at which the bottom of the swamp becomes exposed to a hot sun by the previous evaporation of the water which covered it. If there are many heavy rains during the summer or autumn, or a cold summer, or a late subsidence of the Mississippi, or frequent and long "blows" from the lake inland, there will be no epidemic in the "swamp," however severe it may be in the city. The filthy Ferroe Islanders live long, not because their housekeeping is indescribably filthy, but because during the entire summer their homes are abandoned for the fisheries on the sea; and when they return it is so cold that everything is frozen up, and there is no decomposition of filth and no evaporation of deadly malarias. As to M. Delbrück's new theory of ventilation, or rather no ventilation at all, it is enough to say for the present that man is neither a pig, nor a goose, nor a goat, and that if the breathing of effete carbonic acid gas promoted health, the wise Maker of us all would have given it to us to breathe instead of the pure air of all out-doors. Men may live in spite of bad air, as they sometimes do in spite of being soaked in rum. Besides, there are always antagonizing influences at work, and various modifying circumstances which readily suggest themselves to educated men; meanwhile, let all bear in mind that sleeping in a pure atmosphere, in our latitudes at least, is indispensable to good health and a long life.

CUTE THINGS.

1. Put the exact "fare" in the lining of your hat, if you are about to travel in car or omnibus on a miserably cold day, when every change of position is disagreeable, thus obviating the necessity of taking off your gloves, unbuttoning your coat, searching your pockets, making change, and getting chilled; if a lady, carry the money under the edge of your glove.

2. If you are enough of a gentleman to feel obliged to give up your seat in a car to any thing in the shape of a petticoat, whether to mistress or maid, whether to a grandmother or to sweet seventeen, whether to a dowager or a market-woman, take your seat as near the forward part of the vehicle as possible, then your gallantry will be the last to be tried, and the least likely to be challenged.

3. If you want a pair of boots or shoes made to order, and wish to be certain of as easy a fit as that of an old shoe, put on two pair of thick, woolen socks before your measure is taken.

4. If, like a wise sailor, you wish to have "all taut" when the terrible and inevitable financial storm comes sweeping over the nation, within a year after the war closes, sell on the spot whatever is necessary to pay off every dollar of your present indebtedness, and invest all your surplus, be it great or small, in solid land, in fee, without the incumbrance of a single copper cent; the next day begin to retrench in all articles of necessary family expenditure, and let every luxury be banished from your memory as completely as if it had never existed.

5. If you want to avoid being drawn into the common vortex of financial ruin by friends and relations, as dishonest in reality as they are reckless, never indorse for a dime without your wife's written consent, and have placed in letters, golden and large, over the mantle of the family room, and require it to be daily read aloud by each member of the family in turn, just before you go to business after breakfast, the fifteenth verse of the eleventh chapter of Proverbs.

6. If you want to know certainly whether the young lady you think of addressing is a fairy or a fury, tread on her skirt in the street, when she is not aware of your being within a mile of her, and "take an observation" of that face, usually "divine," at the instant of its being turned full upon you. If, out of any thousand ladies promenading the street, you wish to make a selection for a wife who shall combine taste, tidiness, and a true economy, walk behind and notice if in shawl or dress, mantilla, cloak, or what not, there are creases, grease-spots, specks of dried mud, or lint, or string, or feather; if you do, let her go, for creases show that she huddles her garments away, because too lazy to fold them up carefully; a grease-spot proves that she will flop herself down any where, consulting personal ease in preference to all other considerations; and any woman who recklessly runs the risk of soiling a garment irretrievably, rather than take the pains to turn her head half round to see whether she is not about sitting on a lump of butter or in a pool of tobacco-juice, is utterly unworthy of a husband, and is as destitute of any true moral principle as she is of innate purity. A dried speck of mud or piece of lint shows she is a hypocrite or a slouch, as it proves that she is careful only of such parts of her apparel as she thinks most likely to be seen.

7. If you wish the great happiness and the inestimable blessing of being always in good health down to a serene old age, learn while young to take care of that "good constitution" with which a benign Creator has intrusted you.

8. If you have a tremendous moustache, and want to eat bread and molasses, put the bread in first and the molasses afterward.

9. If you want to "prove" the best friend you have, ask him to lend you some money.

10. If you want a burglar to wake you up, put your wash-basin under the door-lock, and draw the key half out; then the slightest touch from the outside imitates a racket among the crockery, opportune to an extreme.

THE ONE SPOT.

ONE single spot on the fair face of a sheet of the best letter-paper will cause its rejection when the manufacturer assort it for sale.

In obtaining recruits for the army, a single blemish in the eye, a little defect in the hearing, the loss of a finger or a toe, the slightest limp or halt in the gait, is the one fatal spot which causes rejection, however perfect the health in all other respects.

A faultless specimen of manly vigor offers himself for examination, for the purpose of obtaining an insurance on his life, but at the very first trial of the pulse under the surgeon's finger, the certificate is peremptorily denied, because there is a fatal heart-disease lurking under that fair exterior.

Here is a man who for a lifetime has had uniform good health; never dreamed but that he was perfectly well, but noticed for the first time, an hour before, a little white pimple about the mouth, surrounded with several red ones, giving a dull hurting, causing, however, not the slightest apprehension; but meeting the family physician accidentally on the street, he inquires very carelessly: "What is it?" On a close inspection, the experienced practitioner detects the existence of a "malignant tubercle," which he knows will rapidly spread with a discoloration, and end in death within twenty-four hours! as in the case of Miss M. A. B—, last week; of Mr. Henfield, six months ago; and of Mr. Casy, awhile before that, all of Brooklyn.

These are spots physical and fatal, all! There are moral spots just as fatal to character, health and life itself. I knew a young wife, first at Rockaway, who could boast of family, fortune, education, health, and great personal beauty; fascinating in her conversation, faultless in her intercourse with society, and of a benevolence so hearty and so free, that it was impossible for her neighbors not to love her with their whole hearts. But there was one spot, only one; that not known, even to her husband; she would take opium, and died of its over-use at twenty-three.

I have been delighted by the hour in listening to the recitations and reading the manuscript poetry of Mrs. L— of Kentucky. Neither beautiful nor ugly, but the spoiled and educated child of a rich father. She had a genius and a power which won all hearts, purely. One morning I learned she was dying, although in perfect health the day before. At intervals of a year, the demon of a drunken debauch! came over her. It killed her husband, one of nature's noblemen. The one spot!

I knew a wife, living yet I think, a model of personal purity, of domestic industry, system, order and thoroughness. A slave to the care for her family of healthful, beautiful children, there was no sacrifice, no self-denial which she was not ever ready to make or practice for their comfort. Her husband, as the world goes, was all that could be desired as to industry, system, temperance, regularity and order. It ought to have been a supremely happy family. It was wretched. The one spot was her insufferable ill-nature. It would be untrue to say she seldom came to the table without some expression of dissatisfaction. In twenty-six successive weeks, during which I daily sat at the same table, she never failed once to emit some venom either against the children, the servants, the food, or the weather, or something else. The whole house was kept in a turmoil, no single day ever passed without it! Her only son was driven to an engine-house, did not sleep at home "once in two years;" thence to the gutter; her daughters married for a home, and she went to an asylum in her old age.

There are many young men with whom you can not help being pleased, frank, courteous, magnanimous and kind; they always meet you with a smile and a welcome, and you know it is cordial and sincere. On inquiry, they "drink." The one spot! It blasts all things else.

That daughter is beautiful, amiable and courteous; in all she says or does, there is nothing to hang an adverse criticism upon. The moment she passes from her father's door, dressed in faultless taste; go to her room, and every article it contains has impressed upon it the one spot of incorrigible sloven.

Let the reader this moment inquire, What spot have I? and begin on the instant to wash it out at any and every sacrifice, for they only who are admitted to the mansions of the blessed are those "not having spot or wrinkle, or any such thing."

Paine's Institutes of Medicine, 7th edition, by Harper Bros. 1130 pp., 8vo. 400 of these pages are devoted to Physiology; 100 to Pathology; 240 to Therapeutics, and an Appendix of 150 pp. elucidating theories and subjects previously treated, and enforcing and expounding the principles advocated in the body of the work. There are two indexes admirably, concisely, and aptly arranged, furnishing a key to every section and subject. Of this standard publication a cotemporary justly says:

"A medical work which holds its ground with the profession for sixteen years, which in that time runs through seven editions, which has been used as a text-book by half a dozen generations of medical students—a work which embraces in its comprehensive grasp the three prime domains of a physician's study: physiology, pathology, and therapeutics, or the laws of life, the laws of disease, and the laws of cure—a work which is the accumulated experience of fifty years' professional and professorial life, must have some extraordinary merit that it thus endures the test of time, withstands the assaults of criticism, and maintains its popularity with the most progressive of professions."

Vocal Gymnasium, 25 E. 27th Street, conducted by Prof. HURLBERT, is commended to the attention of all who wish to improve the voice, singers, public speakers, etc., etc., whether for ladies or gentlemen. To become a good reader ought to be considered an indispensable part of a common education. To sing and to read well are literally rich placers of happiness in after-life.

Weather-Indicator.—Mr. CHARLES WILDER, of Peterboro, New-Hampshire, is the manufacturer of Woodruff's Barometer, combining in a remarkable degree cheapness, accuracy, simplicity, durability, and portability. Prof. MAPES gives it high praise. A correspondent of that excellent and favorite paper, the *Country Gentleman*, says: "I have never failed, by close observation, to ascertain when a storm was coming on, or when about to abate. I have saved the cost of it in a single season." Premiums have been awarded to Woodruff's Weather-Indicator by the New-York, Vermont, Michigan, and U. S. Agricultural Societies over all other competitors. The prices vary according to finish only, from five to twenty dollars; they are equally accurate, and all are ornamental. For sale also by C. J. Vangorder, Esq., of Warren, Trumbull Co., Ohio.

831 BROADWAY, NEW-YORK,

Will hereafter be the publication-office of HALL'S JOURNAL OF HEALTH, where Mr. P. C. GODFREY, so well known to New-Yorkers as the courteous and accommodating proprietor of the **Union Square Post-Office**, which he still manages with so much credit to himself, will keep on hand all our publications, wholesale and retail, for all who apply in person for the same. Those who order the JOURNAL or any of our books by mail, must address simply, Dr. W. W. HALL, New-York. All letters delivered in person, and all packages, books for review, etc., must be left at 831 Broadway, below 13th Street. The Editor's office hours are strictly from 9 to 3 only, at 42 Irving Place, New-York.

Braithewaite's Retrospect of the progress of Medical and Surgical Science throughout the world, for the six months ending with Dec. 1862, being part 46, has just been reprinted by W. A. Townsend, 30 Walker Street, New-York, for \$1.25. It is issued twice a year for \$2, making an 8vo. of 650 pp. This useful and now standard publication is the best *vade mecum* extant for the young practitioner and for the elder members of the profession, who have not leisure for extensive reading, but who wish to know at a glance what is doing in the medical world from time to time. It is commended to the patronage of educated physicians of all schools.

Quarter-Century Sermon, by Rev. Thomas Brainard, D.D., of the Third Presbyterian Church of Philadelphia, is received, and is characteristic of one of the most earnest, indefatigable, efficient, and able ministers in his branch of the Christian church.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

APRIL, 1863.

[No. 4.

RECREATION.

THE literal meaning of this word is to make over again; but in its ordinary acceptation it is intended to convey the idea of rest, refreshment, or rather, renovation. The body is refreshed by rest; the brain is renovated by sleep, by absolute repose. But both body and brain may be invigorated for a season, by changing the direction of their respective activities; and also by working alternately. A man who has become tired of riding on horseback or in a carriage, rests himself, gets rid of his fatigue, by walking. The brain which has become weary in thinking of one subject is refreshed by taking up some other study. On the other hand, a man who feels tired all over, by work, or a long walk, will "get rested" sooner by sitting down to read than if he did nothing. Rachel, the great tragic actress, when returning from one of her performances at two or three o'clock in the morning, rested herself by spending an hour or two in changing the furniture of her rooms. The best sedative which a public speaker can take after a great effort, is to read a newspaper, or any thing else which has a variety of short statements, such as some industrious exchange has collected in the two following pages. The great practical idea we wish to convey is, that recreation is not idleness, but a change of direction in the operation of the physical or mental forces. A French actress lately went mad within an hour after the play, because she went home, laid down and let the mind run on in the same track. She should have changed to bodily activity, like Rachel.

INTERESTING FACTS.

RAPHAEL and LUTHER were both born in the year 1483. The former died in 1520, the same year with Da Vinci.—Spencer was born in 1553, the year in which Latimer died.—Sir Walter Raleigh and Hooker were also born within a few months of Spencer.—Shakespeare and Galileo were both born in 1564, the year in which Luther and Calvin and Roger Ascham died.—Galileo was born the day Michael Angelo died, and died the day Newton was born.—Newton made one of his first experiments at the age of sixteen, on September 3d, 1658, the day of the great storm, when Cromwell died.—Cromwell was born in 1599, the year in which Spencer died.—Izaak Walton, Newton, and Tasso, all died in 1593.—Claude Lorraine and Poussin, the artists, were born in 1600, the year in which Hooker died.—Claude and Murillo died in the year 1682.—Milton, Clarendon, and Fuller, were all born in 1608. The two former died in the same year, 1674, and the year in which Watts was born.—Shakespeare and Pocahontas died in the same year, 1616.—Raleigh died in 1618, the year in which the famous Synod of Dort was formed.—Bunyan was born in 1628, the year in which Decker died, and died in 1688, the year Pope was born.—Dryden was born in 1631, the year in which Donne died, and died in 1700, the year in which Thomson and Blair were born.—Galileo, Guido, and Boyle, all died in 1642.—Burnet, the historian, was born in 1643, the year in which Hampden died.—Rollin and Fuller died the year Defoe was born, 1661.—Swift was born in 1667, the year Jeremy Taylor died.—Locke and Sir Christopher Wren were both born in 1632.—Bolingbroke and Addison were both born in 1672, two years before Milton died.—Defoe died in 1713, the year Sterne was born.—Burnet died in 1714, the year Whitefield and Shenstone were born.—Leibnitz died in 1716, the year Garrick and Gray were born.—Penn died in 1718, the year Putnam and Brainard were born.—Sir C. Wren died in 1723, the year in which Blackstone and Reynolds were born.—Cowper was born in 1731.—Goldsmith was born in 1729, the year in which Steel died.—Gibbon, Smollett, Collins, and Akenside, were all born in 1721.—Gibbon and Akenside both died in 1794, the same year Witherspoon died.—Watts and Thomson died in 1748.—Voltaire and Pitt in 1778.—Christopher Wren, in 1773, the year Priestley and Coleridge were born. George Washington, Patrick Henry, and Howe, all died in 1799.—Cromwell and Hampden, who were cousins, both took passage in a vessel that lay in the Thames bound for North America, in 1637. They were actually *on board* when

an order of council appeared by which the ship was prohibited from sailing.—Goethe was at one time, also, on the brink of crossing the ocean for America.—So was Robert Burns.—A scheme of Pautisocracy in 1795, came near bringing Southey, Coleridge, Lovell, and Burnet to America.—Chaucer was the first of that long array of poets buried in Westminster Abbey, in 1400.—The body of Dryden was deposited in the grave of Chaucer, just three centuries after his burial, in the year 1700.—Goldsmith died two thousand pounds in debt.—As proof of the wonderful memory of Thomas Fuller, it is said that he could repeat five hundred unconnected words after twice hearing them, and recite the whole of the signs in the principal street of London, after once passing through it and back again.—Locke was banished as a traitor, and wrote his “Essay on the Human Understanding,” sheltering himself in a Dutch garret.—Homer sang his own ballads.—Virgil was so fond of salt that he seldom went without a boxful in his pocket.—Addison, who is acknowledged to have been one of the most elegant writers that ever lived, was awkwardly stupid in conversation.—Handel was such a miser, that he was frequently known to wear a shirt a month to save the expense of washing.—It is said that Dryden was always cupped and physicked previous to a grand effort at tragedy.—He was a firm believer in astrology.—It is said that Pitt required a great deal of sleep, seldom being able to do with less than ten or eleven hours.—Butler did not become an author until he was fifty years old.—Richardson, author of “Pamela,” etc., did not begin to write till he was almost fifty years of age.—Robert Ferguson died in an insane asylum.—The wife of Beattie, the poet, became insane and was confined in an asylum for some years.—The first wife of Southey died insane.—Chatterton put a period to his own life at the age of eighteen.—Coleridge was for many years addicted to the use of opium.—Sir William Jones was the master of twenty-eight languages.—The father of Henry Kirke White was a butcher, as was also that of Cardinal Wolsey and the poet Akenside—White was apprenticed to a stocking weaver.—Montgomery, at the age of fourteen, to a shopkeeper.—Crabbe was the son of a salt-master, or collector of salt duties.—Coleridge was the son of a vicar.—Samuel Rogers was a banker by profession.—The father of Charles Lamb was servant and friend to one of the batchelors of the Inner Temple.—Campbell was born in the sixty-seventh year of his father’s age, and was the youngest of ten children.—Keats was born in a livery stable, and was apprenticed at fifteen to a surgeon.—Alexander Wilson, the distinguished naturalist, was brought up to the trade

of a weaver, but afterwards preferred that of a pedlar and after that was a schoolmaster.—Robert Dodsley, who was the projector of the “Annual Register” in which Burke was engaged, and who was the first to collect and republish the “Old English Plays” which formed the foundation of the “National Drama,” raised himself from the low condition of a livery servant, to be one of the most respectable and influential men of his time.—Canova was the son of an old quarryman, and originally a laborer.—Thorwaldsen, of a carver of ship heads.—Samuel Rogers was fixed in his determination to become a poet by the perusal of “Beattie’s Minstrels,” when only nine years of age.—The Rev. William Lisle Bowles enjoys the distinction of having delighted and inspired the genius of Coleridge.—The study of “Percy’s Reliques of English Poetry” gave the first impulse to the genius of Sir Walter Scott. He has also stated that the rich, human, pathetic tenderness and admirable tact of Miss Edgeworth’s “Irish Portraits,” led him first to think that something could be done, or attempted, for his own country, of the same kind as she had so fortunately achieved for Ireland.—During the last six years of the life of Chalmers, his daily modicum of original composition was completed before breakfast, written in short hand, and all done in bed.—Milton frequently composed lying in bed in the mornings; but when he could not sleep, and lay awake whole nights, not one verse could he make. He would sometimes dictate forty lines in a breath, and then reduce them to half the number.

REFORMERS.

THE world is full of them, and yet the world is not reformed. Almost every man can tell you how things ought to be arranged so as to usher in the millenium, when everybody will be happy and good. But to make a theory available, it must be practicable, it must be a possibility. This very day, three men, a physician, a clergyman, and an editor, have propounded plans in our office for the amelioration of the condition of mankind.

The physician is aiming to get rich enough to supply all the poor with food and clothing at the actual cost of production.

The clergyman thinks that no radical progress can be made, until the government ceases to carry the mail on Sundays, and every man, woman, and child becomes a literal tee-totaller, and anti-slavery.

The editor believes that the secret of universal happiness is universal love; that everybody must love every other body as well as

he loves himself, and that the rich in money should give their surplus to the rich in love and leisure, who should go about and find out the objects upon which to bestow it with a wise discrimination.

Our own plan differs from all these. It runs thus. The world can never be as happy as it ought to be, until all are Christians; the great instrumentality for effecting this, is the study and practice of what is contained in the Scriptures of the Old and New Testaments. The Bible is the sword of the Spirit, the instrument of the world's conversion. Whatever, then, promotes the reading and study of the Bible, promotes the world's redemption from sorrow and crime, its elevation to holiness and happiness.

To create a love for the reading and study of the Bible with the greatest certainty of success, we must begin early, long before a child can learn its alphabet; begin just as soon as an infant is observed to take an interest in any story, and then feed it daily with Bible stories, and incidents, and facts, all along creating a feeling of the most implicit reliance on the absolute truthfulness of every sentiment, sentence, and syllable; that these are truths coming from the lips of the loving Father of us all, whose desire is that every child of his should come eventually to his Father's house, to spend an eternity with him in Paradise, according to the Saviour's announcement, "that where I am, there ye may be also."

While all this is going on, facts should be thrown in from time to time, strongly fortifying the faith of the child in the literal accuracy of every Bible statement, how its histories are corroborated by profane histories, by the revelations of after events, and by the researches of science. Pains should be taken to collect as many explanations, and corroborations, and verifications of Bible narratives as possible, like the one on page fifty-five of the June number. From time to time, the testimonies of the great and good of all ages, as on page eighty-one of July, as to the value of the sacred Scriptures, should be presented; and these things should be continued until the child passes from under the parental roof and parental control. In the meanwhile however, begin quite as soon as the child is capable of understanding principles and abstract truths, to instill into its mind the distinctive doctrines of the church to which the parents belong, and thus they will become rooted and grounded in the faith of their fathers, will very uniformly grow up to be members of a particular sect from principle; and it needs no argument to prove that a man is an efficient member of a particular church in proportion as he is enthusiastic, theoretically and practically, as to its distinctive tenets. The milk and water folk who think that

one church is about as good as another, that their own in particular is no better than any other, are not only of no use, they are a positive injury to any society, are a weight on its influence, a clog to its progress. To happify mankind, then, the most efficient method and the shortest in the long run, is to begin with our children while they are yet infants, and patiently and sedulously and prayerfully inculcate the sentiment that the Bible is the only safe rule of faith and practice, the sure and only sure guide to a blessed immortality.

LETTER OF JOHN RANDOLPH OF ROANOKE,

WRITTEN TO J. R. BRYAN, ESQ., TWENTY-THREE YEARS AGO, WHICH "IMPARTS LESSONS OF WISDOM WHICH CAN NEVER CEASE TO APPLY TO THE YOUTH OF EVERY AGE."

"LONDON, Dec. 23, 1830.

"MY DEAR GODSON: Although I have so lately written to your better half, and at such tedious length, too, yet I cannot refrain from the attempt to engraft an old head upon young shoulders, notwithstanding my belief that no man was ever the wiser for another's experience. There are too many who are unable to profit by their own; witness the gamester and the spendthrift, not to mention another class of victims of licentious propensities matured into habitual indulgence. Each of these wretched votaries of his darling vice is more sensible of the ruinous effects of his folly than any preacher who exhorts him against the consequences. He that wears the chain best knows how and where the fetter galls. They that declaim against the fixed and rooted ill-habits of their neighbor, under the expectation of reforming him, only show that they themselves are coxcombs. Rather sententious and flat this, you will say, and you will tell the truth.

"Having established yourself in Gloucester, let me remind you 'not to put off until to-morrow what may be done to-day;' and, *a fortiori*, not to leave till next year what could be done this (1830.) Plant all sorts of trees. Man and boy, I knew John Lewis for some forty years or so, although I never was in his house. It is probable he may have saved you the trouble of rearing orchards. But, be that as it may, fail not to have a good apple orchard especially, and banish ardent spirits as a beverage from your table. I have serious fears on this head for a certain young * * *. If, at the beginning, you are obliged to resort to spirits, let your wife make the punch or toddy by measure, of a certain strength never to be increased, according to the good old Virginia fashion.

"2. Have no dealings that can possibly be avoided with your neighbors. The disregard of this caution will certainly lead to squabbles and strife.

"3. Take no receipts on loose pieces of paper. Carry a receipt book in your pocket, and take all receipts in it; if you are afraid of losing it, keep it in your desk. Always have the receipts witnessed, when practicable.

"4. Copy, or have copied, all your bills in a book, so that you may at a glance, see the cost of any article or branch of expense.—Without accurate accounts you must fall behind hand. What voyage would a ship make without observation or reckoning? You are now embarked on the voyage of life; without a good look out, you must be cast away.

"5. Form no intimacies with your neighbors under a seven years acquaintance—'*qui vult dici piatur.*' The rigid observance of my own maxims did not prevent ill blood between some of my neighbors and myself. My maxims preserved me from strife, and from loss by those. With the rest I was on the best of terms.

"6. Economy: the adapting your supplies judiciously to their intended end. This is a gift of God. It cannot be taught; at least, I have tried to learn it all my life, without success. My mother had it in perfection.

"7. Frugality: '*Non intelligunt homines quam magnum vectigal sit parsimonia.*'—It is in the power of every honest man, who means to retain his honesty, to refrain from indulging in expenses which he cannot afford. A disregard of this maxim, the result of their indolent ignorance of their own affairs, has ruined all my name and race; they did not know what they could afford, and some, I fear, did not care.

"I shall send you some acorns of an oak from Turkey, and also a few English. Plant them in beds, keep clean, and transplant at eighteen inches or two feet high. I hope that you will not forget broad-nuts, English, walnuts, (and black walnuts too); filberts, hazelnuts and chestnuts, I will bring or send you. I saw trees of this sort planted about a century ago, at Houghton Hall, by the great Sir R. Walpole, from two to three feet in diameter. This was in August, 1826. They afford a noble shade as well as valuable fruit.

"Get Cobbett's "American Gardener." It can be had at Pishey Thompson's, in Washington. Spare no expense or labor for good enclosures, and tight, warm houses. The parsimony I preach up does not extend to the exclusion of comforts. I hope never to see a fire-place in your house without shovel and tongs and fender; nor

with broken windows. When I was on a visit to poor B., he had eight or ten sponging visitors and their horses, and it was with difficulty, that I could get a basin or towel; even the most necessary articles in a bed-chamber were missing. I do not mean the bed; for there was one, although most uncomfortable. No; furnish your rooms well, however plainly. It is a first expense for the whole of your life. Plate and china and glass, you will have no occasion to buy.

"I shall probably never see how you and my darling niece succeeded as house-keepers. Daily and every day, I find that I am sinking. To be laid by the side of my honored parents at Old Matoax, is now the only wish that I have personally to myself. No tomb-stone, no monument for me. Let 'Spring, with dewy fingers cold,' dress the turf that shall cover my no longer feverish head or throbbing heart. If there be any memorial of me, let it be a plain head-stone, with this inscription: 'John Randolph of Roanoke, son of John Randolph of Roanoke, the elder, and Frances Bland, his wife, and stepson of Virginia, born June 2d, 1773, died —, 1831.' Beyond this last period, I feel that it is impossible, short of a miracle, for my existence to be prolonged. 'Thy will be de done.'

"I am now closely confined to my apartment, with faithful John's aid. I have all the comforts that I am now capable of enjoying; my life hangs upon his.

"I had like to have omitted one special caution against going to the watering places in Autumn in search of health. It is an idle, dissipated, and expensive practice. If you are to live in the lower country, you must accustom yourself to the climate, which I have no hesitation in saying is in every way more healthy than that of the upper country, short of the Alleghany. When I was a boy, agues and fevers were hardly known twenty miles west of the falls of the great rivers.

"The inhabitants of the lower country were always jeered by the trans-mountain people, especially on account of their sickly climate. But now the valley is, perhaps, the sickliest in the State. Who ever heard of the breaking up of old William and Mary by an indigenous plague? In case you should go far enough west (to Montgomery or Wythe) to avoid autumnal disease, you must count upon dying the first time that circumstances oblige you to spend the season at home. There never was complaint of sickness at Warner Hall, until the last Warner introduced the rum fever. The notion of ill health has been a pretext to cover the love of gadding and gossiping; and

for a Winter climate, and Spring especially (not to mention roads), there is no comparison.

"Pray mention Mrs. V. Bibber's lowest price for her estate, and John Tabb's also, if practicable.

"Adieu, my children.

J. R. of Roanoke.

"To JOHN RANDOLPH BRYAN, Esq."

"December 29, 1830.—The weather has been cold (14 deg. of Fahrenheit), but it has moderated. I see that the New York packet of the 1st of this month, has arrived. I received a letter from W. Leigh, of the 21st of November, which must have come by it. I have been more and more unwell the last three days."

"London, Dec. 29, 1830."

BIBLE CONFIRMATIONS.

FOUR thousand years ago was built the Temple of Karnak, covered inside and out with hieroglyphics detailing the histories of the passing ages, making the official record of successive dynasties, their victories and their defeats, their conquests and their crosses. But for thousands of years this Temple was in ruins, its walls were fallen in; its capitals, its cornices, and its columns, all crumbled, broken and defaced; and for these same thousands of years, these records were a closed volume; no man was found to "read the writing" up to the beginning of the present century. Just previous to that time, the expedition to Egypt under Napoleon the First, gathered together a vast number of valuable antiquities, among which was a broken black stone, some three feet by two, basaltic; and on this, the famous Rosetta stone, were three lines, one was in hieroglyphics, one in the hand-writing, as it were, of the common people, and one in Greek. The great Champolion conjectured that they read the same thing, as did the famed words in Greek and Hebrew and Latin, at the Crucifixion; by this key, the immortal Frenchman read the hieroglyphics of Karnak. But of all the lines on Karnak's walls, one spot alone remained entire, giving the record of a Bible event. The moment his eye fell upon it (singled out, as it were, the only whole among a million of others in ruins), he was filled with amazement, as he mechanically exclaimed.

Melek Aiuda, or King of Judah;

thus offering a magnificent tribute to the truthfulness of God's Revelation, in that, at a point in the long ages of the past, there was

a country, that it was under a form of kingly government, and that it had a name, "The King of Jews," thus linking together Jesus and the Cross, the Jews and Judah and Shishak, the very name of the Kingdom of Solomon, as one connected history. A few years later, and those lines on Karnak's walls began to fail and fall, and are now no longer legible, except in part. But while they were legible, fac-simile copies were taken and scattered among the libraries of the world, to stand for all time to come as witnesses of God's truth, as if they were preserved just long enough for the world to read them, and then be blotted out forever! Thus it is that the Almighty takes care of the Bible and its truths.

ANECDOTE OF THOMAS PAINE.

IN 1794, when Paine and Robespierre were establishing Liberty in France by means of the guillotine, the strife between them was, who shall be the greatest—Robespierre got the ascendant, and Paine, with twenty others, were enrolled for the guillotine. On the basement, was a row of cells running the whole length of the prison; one prisoner was confined in each cell. Every night, the Clerk of the Tribunal came round with a list, and marked a cross with chalk on the door of the person who was to be guillotined in the morning. That night, the clerk had a list containing twenty-one names, with Paine's among them. The keeper of the prison stood in Paine's door conversing; thus Paine's door stood open against the wall *inside out*. The clerk (probably being drunk) not observing, marked Paine's door; in the morning, the executioner, having emptied the cells whose doors were marked (Paine being in bed, and the door shut, no mark appeared), he fell one short. "Never mind," said he to the guards, "we'll take the next!" In forty-eight hours thereafter, Robespierre's head rolled in the basket, and thus Paine escaped.

* * * Says I, "Mr. Paine, I would call this a providential deliverance; what did you think?" Said he, "I thought the *Fates* had ordained I was not to die at that time?" Says I, "Neither you nor any of the wise men in the East, can tell what *Fates* mean; you wrote much against the religion of the Bible; you highly extolled the perfectibility of man, when left untrammelled by priestcraft and dogmas. I think God spared your life, that you might show to the world, and to your friends in America in particular, what man is, when left by his Maker to wander in his own counsels. Here

you sit, in a dirty, uncomfortable room, bedaubed with snuff, and stupefied with brandy—you, who were once the companion of Washington, Jay, and Hamilton, are now shunned by every respectable man; and I have seen superfine-coat infidels cross the street, to avoid your recognition." Says he, "I care not a straw what the world says about me." "Then," says I, "I envy not your feelings; I wish so to conduct myself, that I may gain the good will of my fellow men."

GRANT THORBURN, SEN.

New Haven, 27th July, 1859.

AGE OF RELIGIOUS NEWSPAPERS.

1. *The Herald of Gospel Liberty* was first published at Portsmouth, New Hampshire, in September, eighteen hundred and eight.

2. *The Religious Remembrancer* was first published at Philadelphia, September the fourth, eighteen hundred and thirteen, by J. W. Scott, an elder in the Presbyterian Church, and which continued six years.

3. *The Boston Recorder* was first published at Boston, Massachusetts, on the third day of January, eighteen hundred and sixteen, by Nathaniel Willis, now living.

4. *The Religious Intelligencer* was first published at New Haven, Connecticut, on the first day of June, eighteen hundred and sixteen, then under the care of Deacon Nathan Whiting.

5. *The Congregational Journal* was first issued, although under a different name, on the third day of January, eighteen hundred and nineteen.

6. *The Christian Watchman* (now the Christian Watchman and Reflector) was first issued at Boston, Massachusetts, on the twenty-ninth of May, eighteen hundred and nineteen.

RECAPITULATION.

<i>Name.</i>	<i>Place.</i>	<i>Date.</i>
Herald of Gospel Liberty,	Portsmouth, N. H.,	Sept. 1808.
Religious Remembrancer,	Philadelphia, Pa.,	Sept. 4, 1813.
Boston Recorder,	Boston, Mass.,	Jan. 3, 1816.
Religious Intelligencer,	New Haven, Conn.,	June 1, 1816.
Congregational Journal,	Boston, Mass.,	Jan. 3, 1819.
Christian Watchman,	Boston, Mass.,	Jan. 29, 1819

A SAD REFLECTION.

ONE of the heart-sorrows which few parents escape, who live to see their children nearly grown, is the early disposition which both sons and daughters show, to throw off parental control, and exercise their own judgment, in all that pertains to practice and principle.

Youth is vain, hopeful, dogmatic and impatient. At sixteen, seventeen, and even earlier, they have already regarded it as a settled fact that they are largely wiser than those who have gone before. They consider it as a weakness to be pitied, the fears and misgivings which bitter experience have burnt into the father's and mother's heart, and left them all cut and scarred. If the counsels are given in the sternness of parental right, they are met with a feeling which soon grows into defiance; if given with the beseechings of a mother's undying affection, which still clings to a prayer, when command and reason and persuasion, all have failed, they look down on this deep solicitude, this heart-breaking anxiety, with a patronising pityingness, and with silent neglect or compassionate smile, mingled with a feeling amounting almost to contempt for such useless earnestness, and they pass steadily on to courses which, sooner or later, work out their irretrievable ruin.

On a beautiful morning of the past Spring-time, Dr. —, standing at our door, his head whitening for the grave, and into which he has already passed, said in tones at once earnest, tremulous and deep, "I cannot induce my son to forego the use of tobacco, although he sees in his father its mischievous effects."

That father had long since, with the will as well as with the intellect of a giant, dashed the chain of habit in pieces, doing it the moment he became convinced of the perniciousness of the practice, but not soon enough to have escaped the impress of its disastrous effects, in enfeebled limbs and palsied tremblings, and that too when the hill-top of life had scarcely been reached as to years, but in reality as to him passed a long time ago, one foot being already in the grave, the other on its crumbling verge.

The cruel heedlessness with which the youth of our time pass by the known wishes of their parents, as to what their parents well know would, in good time, add to their comfort, happiness and prosperity, is a sign of the times, and merits a stern rebuke.

Parents may not complain of such neglect; they may not bring it distinctly to the notice of their wayward children, but their hearts are wounded for all that, and many is the tear that is dropped in

secret for that self same cause; and the exclamation breaks up from the depth of their affliction: "Is it for this I have suffered and watched, and toiled from their infancy up? Is it for this, I have practiced a life-long self denial, and self sacrifice, and weary wasting labor, until my back is bent with years, my limbs stiffened with work, and my hand hard as bone itself?" and scalding tears flow plenteously down, else the overburdened heart would break in its agony.

Let every child then, having any pretence to heart or manliness or piety, and who is so fortunate as to have a father or mother living, consider it a sacred duty to consult at any reasonable, personal sacrifice, the known wishes of such a parent, until that parent is no more; and our word for it, the recollection of the same through the after pilgrimage of life, will sweeten every sorrow, will brighten every gladness, will sparkle every tear drop with a joy ineffable. But be selfish still, have your own way, consult your own inclinations, yield to the bent of your own desires, regardless of a parent's commands and counsels and beseechings and tears, and as the Lord liveth, your life will be a failure; because "the eye that mocketh at his father, and despiseth to obey his mother, the ravens of the valley shall pick it out, and the young eagles shall eat it."

HENRY CLAY.

NEAR three hundred years ago (1584) Sir Walter Raleigh brought a company of colonists over to Virginia, among whom were the three sons of Sir John Clay, of Wales, to each of whom the father had given fifty-thousand dollars; their names were Charles, Thomas, and Henry, the last had no children.

Cassius M. Clay is a descendant of Charles; Henry Clay and Porter, were descendants of Thomas. Thus, Charles and Thomas Clay, sons of Sir John, are the progenitors of all the Clays in the United States.

The father of Henry and Porter Clay, was a Baptist Clergyman, (and so was Porter Clay himself) and left no heirs of his name except Henry, and Porter Clay.

All of Henry Clay's daughters (six) died; of his five sons, the eldest, Theodore, was a lunatic. Henry Clay, Jr., killed at the battle of Bueno Vista, left three children.

Thomas, James B., and John Clay, sons of the great Statesman, are still living.

COFFEE POISONS.

If it be true that there are men so lost to all moral principle as to deliberately put strychnine and other poisonous drugs into liquid compounds, and then sell them for Bourbon whisky or French brandy, there are others who will adulterate coffee for the sake of gain, and sell it as a pure article. There are two very certain methods of avoiding imposition: either drink no coffee at all, or purchase the berry and burn and grind it yourself.

It is claimed that several families have been poisoned in Brooklyn by drinking what was sold for pure rye-coffee. Ergot of rye is certainly one of the most deadly poisons; and the city grocer may have been imposed upon by some careless farmer, who did not clean his grain properly. Those who are so lazy or thriftless as to purchase ground coffee to save themselves the trouble of preparing it at home, deserve to be poisoned—a little; but as it may be necessary sometimes to do so in an emergency, it is well to know that if ground coffee is pure, it very slowly discolors cold water, and is also slow to soften; but most adulterations blacken the water at once, and become soft besides. Of thirty-four samples of city-sold coffee of all kinds, thirty-one were found to be more or less adulterated.

“Chicory,” or *succory*, is a garden endive, and is extensively used as coffee by the poorer classes; costing, in its parched and ground state, only fifteen cents a pound. It is simply the root of an herbaceous plant sliced, dried, parched and ground; it is one of the “drugs” of the apothecary, and is spoken of, in medical dispensaries as a “tonic;” as a “deobstruent;” as “acting on the liver;” it is said by some to impair digestion; to cause dyspepsia and bring on headaches, etc. The safer plan for all who wish to economize, and think they must have some kind of coffee for breakfast, is to use burnt bread-crust, or the common carrot prepared like chicory.

Many think they can not do without something to drink at regular meals; but this is a mere habit; if it must be done, it should be something quite warm, almost hot, because it is known by actual ocular demonstration, that cold water or any other cold liquid introduced into the stomach at meals, as instantly arrests the process of digestion, as water extinguishes a live coal; cold milk at meals has the additional disadvantage, if used freely, of engendering constipation, biliousness and the long list of minor symptoms which inevitably follow these conditions. But large draughts of even warm drinks at regular meal-times are very pernicious; as they not only cause “oppression,” but by largely diluting the fluids which nature has prepared for converting the food into a nutrient material, render them less efficient, impose additional labor on the stomach and prematurely exhaust its powers. No one should exceed half a pint of liquid at any meal; invalids and the sedentary should use habitually still less.

BURNING TO DEATH.

THIS is a terrible calamity, yet it is a daily occurrence in any large city, and is almost always the result of gross carelessness, recklessness, or ignorance. Loss of life from the clothing taking fire may occur any hour in any family. The prevention and the remedy are matters of personal interest, at least to all parents; and certainly every school-teacher in the land should know how to act in the premises. Dresses can be made so that they will not readily take fire. The most available plan, the most economical and most accessible is to soak the clothing in strong salt-water just before wringing it out. There are other preparations used, such as a solution of sulphate of ammonia, tungstate of soda, etc., but the advantage of common salt is, that while it is as efficacious as others, it is not so liable to injure the colors of the dress. But it is not the wisdom of the times to prevent calamities. The next best thing is to know how to act in case of the dress taking fire. The beautiful and accomplished wife of a great name lately died, within the hour, by her dress having taken fire from a bit of blazing sealing-wax falling on it, while she was affectionately amusing her sweet little children at the sewing-table. Her husband was in an adjoining room and was instantly at her side, but either had not the knowledge or the presence of mind to arrest the progress of the flames. Perhaps three persons out of four would rush right up to the burning individual and begin to paw with their hands, without any definite aim. It is useless to tell the victim to do this or that, or call for water. In fact, it is generally best to say not a word, but tear up the carpet, or seize a blanket from the bed, or a cloak, or any woolen fabric—if none is at hand, take any woven material—hold the corners as far apart as you can, stretch them out higher than your head, and running boldly to the person, make the motion of clasping in the arms, most about the shoulders, this instantly smothers the fire and saves the face; the next instant throw the unfortunate on the floor; this is an additional safety to the face and breath, and any remnant of flame can be put out more leisurely. The next instant immerse the burned part in cold water, and all pain will cease with the rapidity of lightning. Next get some common flour, remove from the water and cover the burned parts with an inch thickness of the flour if possible. Put the patient to bed and do all that is possible to soothe, until the physician arrives. Let the flour remain until it falls off of itself, when a beautiful new skin will be found. Unless the burns are deep, no other application is needed. The dry flour for burns is the most admirable remedy ever proposed, and the information ought to be imparted to all; the principle of its action is that like the water, it causes instant and perfect relief from pain by totally excluding the air from the injured parts. Spanish Whiting and cold water of a mushy consistence is preferred by some. Dredge on the flour until no more will stick, and cover with cotton batting. In washing clothes, use one part of sulphate of Ammonia with nine of water; one pound of tungstate of soda to a gallon of water. Dresses to be starched should have one third of tungstate and two thirds of starch.

WOOLEN CLOTHING.

THE most healthful clothing for our climate, the year round, is that made of wool. If worn next the skin by all classes, in summer as well as winter, an incalculable amount of coughs, colds, diarrheas, dysenteries and fevers would be prevented, as also many sudden and premature deaths from croup, diphtheria and lung diseases. Winter maladies would be prevented by the ability of a woollen garment to keep the natural heat about the body more perfectly, instead of conveying it away as fast as generated, as linen and flaxen garments do; as also cotton and silk, although these are less cooling than Irish linen, as any one can prove by noticing the different degrees of coldness on the application of a surface of six inches square of flannel, cotton and linen to the skin, the moment the clothing is removed. The reason is, that wool is a bad conductor of heat, and linen is a good conductor.

It is more healthful to wear woollen next the skin in summer, because it absorbs the moisture of perspiration so rapidly, as to keep the skin measurably dry all the time. It is curious to notice that the water is conveyed by a woollen garment from the surface of the body to the outer side of the garment, where the microscope shows it condensed in millions of pearly drops; while it is in the experience of the observant, that if a linen shirt becomes damp by perspiration, it remains cold and clammy for a long time afterwards; and unless removed will certainly cause some bodily ailment.

In the night-sweats of consumption, or of any debilitated condition of the system, a woollen flannel night-dress is immeasurably more comfortable than cotton or linen, because it prevents that sepulchral dampness and chilliness of feeling, which are otherwise inevitable.

The British government make it imperative that every sailor in the navy shall wear woollen flannel shirts in the hottest climates. The shrinkage of woollen garments in washing, whereby they become hard, impervious and board-like, has prevented their more general use; but there are three ways of preventing this, to a greater or less extent; either let about one fourth of the material be made of cotton; have it dyed red or some other color before it is woven; or if it is greatly preferred that it shall be white, exercise proper care in the process of washing. To prevent white woollen stockings from shrinking, have wooden stretchers made of the size and general shape of the foot, and let the stockings remain on them until perfectly dried; or, before rinsing the stocking, double it so as to fold at the heel and lay the foot on the leg, then roll it tight, and ring it crosswise.

In washing all woollen garments, put them in very hot soapsuds-water, so as to be covered; then, when cool enough to allow the hands to be put in, simply press it about with the fingers or hands, and before taking the garment out, make the water for rinsing several degrees hotter than that from which it is to be taken, but instead of wringing the water out, or twisting it about in the water, raise the garment out of the water, up and down a good many times, and then lay it over a line and let it drip dry; this process will, to a considerable extent, prevent fulling or shrinkage, and is worthy of being communicated to every person who expects to be a housekeeper.

WHITEWASHES.

Common lime quickly and perfectly absorbs carbonic and other disagreeable and unhealthful gases and odors; and for this purpose, in times of plagues, epidemics, and wasting diseases, is scattered plentifully in cellars, privies, stables, and gutters of the streets. It not only purifies the air and promotes physical health, but as a whitewash enlivens and beautifies wherever it is applied. As it is easily washed off by the rain if not properly prepared as a wash, it has to be so frequently reappplied that it is considered troublesome by many; hence the rich use paint, and the poor use nothing to protect their dwellings, fences, etc., from the ravages of the weather; yet the difference between a well-whitewashed farm and one where no lime is used, would amount to a large per centage in case of a sale. For the physical and moral benefits which may arise from the abundant use of lime as a whitewash, several modes of preparing it, so as to make it more durable, whether applied in-doors or out, are here given, with the suggestion that the same amount of money necessary to keep a man's premises well whitewashed, can not be expended to as great a moral and healthful advantage in any other way.

1. One ounce of white vitriol (sulphate of zinc) and three ounces of common salt to every four pounds of good fresh lime, that is, lime which has not fallen into dry powder from exposure to the atmosphere, with water enough to make it sufficiently thin to be applied with a brush, makes a durable out-door whitewash.

2. Take a clean water-tight barrel, or other wooden cask, and put into it half a bushel of lime in its rock state, pour enough boiling water on it to cover it five inches deep, and stir it briskly until it is dissolved or thoroughly "slacked," then put in more water and add two pounds of sulphate of zinc—that is, white vitriol—and one pound of common salt; these harden the wash and prevent cracking; this may be colored according to taste by adding three pounds of yellow ochre for a cream color; four pounds of umber for a fawn color, with a pound each of Indian red and lamp-black.

3. Mix up half a pail of lime and water ready for whitewashing; make a starch of half a pint of flour and pour it, while hot, into the lime-water while it is hot. This does not rub off easily.

4. A good in-door whitewash for a house of six or eight rooms is made thus; take three pounds of Paris white and one pound of white glue; dissolve the glue in hot water, and made a thick wash with the Paris white and hot water, then add the dissolved glue and sufficient water to make it of the proper consistence for applying with a brush. If any is left over, it hardens by the morning; but it may be dissolved with hot water; still it is best to make only enough to be used each day; spread it on while it is warm.

It is said to add to the value and lastingness of any lime-wash if the vessel in which it is slacking is kept covered with a cloth; this not only confines the heat, but keeps the very finest of the particles of lime from being carried off by steam, wind, or otherwise.

When it is taken into account how much buildings and fences are protected against the destructive influences of the weather, if they are plentifully whitewashed in April and November, to say nothing of the cheeriness, beauty, and purity which it adds to any dwelling, it is greatly to be desired that the practice of whitewashing liberally twice a year should be adopted by every household in the nation, where paint can not be afforded, and on every farm.

SCHOOL-CHILDREN.

THIS beautifully bright morning of March the fifth, with the thermometer at within twelve of zero of Fahrenheit, at eight o'clock, found us taking the usual walk of a mile and a half along Fifth Avenue, from dwelling to office, with our four responsibilities, who go to school near by. Alice, our eight-year old, who was full of talk, said: "Father, I wish I was my teacher's pet, but I am not; her pets can do as they please, but she is so strict with the rest of us." "Who are her pets, my daughter?" "The ones that know their lessons best." "Are they larger or smaller than you?" "Oh! they are the tiniest girls in the school. My teacher says the smallest girls in the school are the smartest."

On another occasion, when told of a girl who was never absent, never missed a word in any of her lessons, I inquired if she was good-looking. The reply was: "She is so pale and thin; and there are sores on her hands and face." Similar answers have been made in various other cases. The actual fact is, that the good scholars study themselves to death, and are petted and favored in a great variety of ways; while those of less mental capacity are treated with an impatience and a sternness which soon gives them a dislike for school, for their teachers and for learning in general, and Saturdays and Sundays are the only sunshiny days of the week to them. I frequently say to my children: I don't want you to strive for "head." I don't want you to be promoted, for the oftener you are, the harder you will have to study. You have plenty of time, and I would rather see you eat heartily, and sleep soundly, and know but little, than that you should know a great deal, and grow pale, and thin, and weakly, and die before you are grown up.

Among the most important observances for school-children, and which every wise and affectionate parent will never lose sight of, are,

1st. See that they have all the sleep they can take. Every child under ten should be in bed by eight o'clock, summer and winter, so that they may have nearly eleven hours' sleep. Those older, should be in bed at nine and be required to rise at six; thus they will have more time for study in the morning, when the brain is rested and acts efficiently, and will also be prevented from injuring their eyes, as very many school-children do, by using artificial light.

2d. See to it that every child goes to bed with warm, dry feet, and that they sleep warm all night.

3d. If you are a human, and not a brute, never allow your child to go to bed with wounded or ruffled feelings from any angry words, or harsh or hasty conduct on your part. Always send them off to school in a happy and affectionate state of mind; and when they return, let them be invariably received with a kindly greeting, and a loving, thankful heart that they are once more returned to you in health and safety. These things are the more necessary as their ambitions, their disappointments, their discouragements, and their troubles, in reference to their school and their lessons, are as important to them as yours to you in the mightier matters of life, and if they find not a balm for all these in the affection, and smiles, and sympathy, of their mothers especially, it is to them a misfortune, and to such mothers a disgrace.

4th. By all possible means arrange that your children shall reach school with dry feet and dry clothing; the neglect of this has sent many a sweet child to its early grave, the victim of a mother's carelessness or a teacher's stupidity.

5th. School-children should eat with great regularity; thrice a day is all-sufficient for those above ten. Frequent eating, and tempting their appetites with sweetmeats and delicacies, has been the ground-work of early and life-long dyspeptics to multitudes.

6th. Teach children perseveringly the importance of attending promptly to the calls of nature; and by any and every means bring it about that this shall be done before leaving for school in the morning. To this end arrange that they shall be through with their breakfasts an hour before it is necessary to start for school, even if they have to eat by candle-light. Cases of fatal inflammation of the bladder have often occurred in consequence of the ignorance or brutality of teachers in this connection.

7th. Embrace every opportunity of impressing the child's mind with the fact that teachers are laboring for their good, and therefore ought to be loved, respected, and obeyed, as their best friends.

LIFE WASTED.

VALUABLE lives are often thrown away, lost, through ignorance of some of the simplest truths in nature, or errors of judgment in matters where error becomes a crime. Some of the best and wisest and greatest men of our race have perished from the world, in consequence of what might be considered a carelessness, a recklessness, or an ignorance, which is amazing, as found in minds like theirs. The immediate cause of Lord Bacon's death was sleeping in a damp bed. Any old woman, who "didn't know B from Bull's foot," would have had more sense than that. Yet it was the fatal error of the greatest mind of his age and generation.

Washington Irving, whose name is so loved and honored and revered, hastened his death by taking the advice of a fool, instead of his physician. Abbott Lawrence, the financier and the philanthropist, brought on his last illness by an injudicious change of clothing.

Rachel, the greatest tragic actress of her time, took a cold which carried her to her grave, by riding from New-York to Boston in cars not sufficiently warmed, on a bitter cold winter's night, immediately after a performance, which had heated up her whole system, far beyond its natural standard. J. Addison Alexander, for whom it is claimed that he was the best Bible scholar living, and that he had powers of mind not equaled in his day, died in the very prime of life, because "having a feeling almost bordering on contempt for physicians," he allowed his mortal malady to prey upon him secretly; and the day he died, he thought he was going to get well. Because he knew nothing about disease, he concluded, with all his resplendent intellect, that men who had made it a life-long study, knew nothing about it. The magnificent deduction cost him his life. And now another name comes up to our notice, in the same connection, as illustrating the fact that the greatest minds are capable of follies most amazing. The philosopher, the scholar, the soldier, and the Christian, were all blended in the name of Professor Mitchel, the great astronomer, the gallant soldier, and resistless general. His was the greatest loss to the nation, up to this hour of the contest, and yet his life was literally thrown away, by his own inconsiderate act; by doing deliberately what we would suppose the commonest mind in the nation would have regarded as exceedingly dangerous; and it is named here to benefit the living, without prejudice to the honored and lamented dead. General Mitchel was attacked with symptoms of yellow fever; his physician acted promptly, and labored to restore the functions of the skin, to cause perspiration, which every professional man knows is the turning-point for life in that disease. It was eventually brought about, to the unspeakable joy of his medical attendant, Dr. Thomas T. Smiley, at twelve M., October 28th, 1862; but when he returned, two hours later, his patient had been attacked with a chill, the pulse went up from 85 to 120, the General having got up and ordered his bed changed, *while in this perspiring condition*. Delirium set in, and he died, the attending surgeon leaving this record: "I am of the opinion that had General Mitchel remained in bed, and kept the skin in good condition, he would without doubt have recovered."

POISONS AND ANTIDOTES.

THE antidote of a poison is that which renders it instantly harmless; this it does by converting the elements or ingredients of the poison into new compounds, which are wholly innocuous. But in all these cases, the benefits to be derived from the employment of an antidote, are proportioned to the instantaneousness of the application; the importance of this is very generally understood, but it serves to deprive friends of all presence of mind; they are thrown into such a flurry, as to be incapable of connected thought, or efficient action. It may therefore save many a human life, if the reader will impress upon his mind two or three general principles. It is true, that "every bane has its antidote," but as there are hundreds of poisons, and the memory would be overtaxed with an antidote for each, it is agreeable to note that some substances are perfect antidotes against a dozen poisons; and it is fortunate, too, that these substances are almost always at hand, even in the poorest households. Strong coffee; salt and mustard; white of eggs; any kind of domestic oil, lard or grease—these four things antagonize almost all ordinary poisons. If the reader will bear this in mind, he can be happily and efficiently calm, under almost any circumstances of poison, in which he is likely to be placed.

1. Prevention is best. No poisonous substance should be allowed in any household for one single instant, after it is out of the hand; whatever has been left after use, should be at once thrown into the sink, or carried out into the street or road, broken, poured out or scattered.

2. The very moment you see any thing in a paper or bottle or other vessel, without a mark showing what it is, empty it without a moment's delay into the sink; this is safer than throwing it into the fire, for it may be inflammable or explosive, and cause much mischief.

3. Never take, taste, or give any thing, whether powder or fluid in the dark, or without looking deliberately at the label, in a clear light, although you may have put the vessel or paper down with your own hand, a minute before.

But from inattention, recklessness, or design, poisons will sometimes be swallowed, and the truly wise will inform themselves beforehand, as to the best means of procedure.

1st. Send for a physician. Meanwhile, remember that the effect of administered poison is instantaneous, or comes on slowly. If instantaneous, the patient immediately cries out with the sensation of heat or burning, or scalding at any point from mouth to stomach; the presumption then is, that some corrosive poison has been taken; something which eats or destroys or disorganizes the muscles or fleshy parts of the tongue, mouth, throat, stomach, etc.; most poisonous substances of this sort are acids, and the first best remedy likely to be at hand, is common soap dissolved in water, or soda or saleratus or magnesia; but in the hurry of inexperienced hands the remedy may be made so strong as to become of itself another poison, hence it is best to take the simplest thing which is most likely to be at hand, and which can not injure in any quantity or strength in which it can be taken; hence for poisons which cause an instantaneous sensation of burning in the throat, etc., drink a tea-cupful of sweet oil or lard or grease of any sort; the most that can happen from an over amount is that it will be vomited up, and this brings more or less of the poison out of the stomach; then you can more leisurely drink magnesia-water or strong soapsuds, or a table-spoon of wood-ashes, put in half a pint of lukewarm water, stir, let it settle two minutes, pour it off and drink.

If a powder has caused the urgent sensations, the most generally applicable antidote is to swallow one or two raw eggs; the white is the efficient part, but there may not be time to separate the yolk; this is best in poisons from arsenic, corrosive sublimate, verdigris, creosote, etc.

If the effect is not instantaneous, and time may be taken, the first best thing to be done in all cases is to get the poison out of the stomach instantly, by swallowing every five minutes a tea-cup of warm water into which has been stirred a full tea-spoon each of common salt, and ground kitchen-mustard; there is vomiting almost as soon as it reaches the stomach; then drink a cup or two of very strong coffee, which is the best remedy for all anodyne poisons, as opium, morphine, laudanum, etc., etc. In short, if the sufferings are instantaneous and urgent, drink sweet oil or soapsuds; if gradual or causing drowsiness, mustard emetic, strong coffee or white of eggs.

CURES.

INSTEAD of all the fools being dead, we verily believe they are on the increase, in spite of our ten years' labor in the endeavor to wedge a little mite of common-sense into the craniums of Tom, Dick, and Harry. When in England some years ago, we thought patent medicines and secret remedies had quite as great a run as in America, although England had had nearly two thousand years' longer schooling than we. This would seem to prove that the more intelligent a community becomes, the more gullible it grows. In looking over our exchanges, religious and otherwise, it is perfectly clear, according to the affidavits and testimonials of clergymen, divinity doctors and doctors of law, of men and women, old grannies and maids, that every thing can be cured, from a finger-scratch to amaurosis, malignant tubercle and death-rattles, in little or no time; and that if any body dies, it is their own fault entirely. Recently, a sub-editor went to an eye-doctor.

"What's the matter with my eye?"

"Amaurosis."

"Can you cure it?"

"Oh! yes."

"How long?"

"Two weeks."

"How much?"

"You can pay five hundred dollars now, on account, and further, according to circumstances."

The quill man declined; went to Chicago, took a few warm baths, and after paying some attention to the general health, returned to New-York, apparently well of—"amaurosis!" one of the most certainly fatal of all diseases.

While all this is going on in New-York, "in the way of trade," the unprofessional "put in an oar" every now and then, free gratis for nothing. The latest thing of the kind appeared in the columns of that staid and sterling paper, the *New-York Observer*. Some writer, itching to deliver himself of an idea "as clear as mud," literally, writes to say that he is a firm believer in the "mud cure" of hydrophobia, as he knew a man who was bitten by a mad dog; a lump of mud was plastered over the wound for half a day, and at the end of thirty years, the man was living in good health. The utter folly of putting forth such miserable stuff as this, in reference to so serious, so terrible a thing as hydrophobia, may be seen at once, in the fact that John Hunter, than whom there has never yet lived a greater surgeon, says he knew twenty-one persons who had been bitten by mad-dogs, and but one of the whole number became hydrophobic. Each of the twenty might have claimed that his was a "cure." It is the fashion now to call every sore throat a child has, "diphtheria," and every child that gets well was cured by the thing which was done for it; but the next person who tries it, loses his child, which might have been saved by promptly calling in medical advice. No doubt the virtues of the "mad stone" have grown out of the fact, that now and then persons who have been bitten by mad dogs, or supposed to be rabid, have remained unharmed after the application of the stone; not because of any virtue it possessed of antagonizing the poison, but simply because the system of the bitten individual was not at the time susceptible to the influences of the virus. A child *said* to have diphtheria gets well after smoking tar, poured on a live coal in the bowl of a common pipe, or by stretching a bag of ashes and salt, or mush and molasses, from ear to ear under the jaw; but to say that these are cures of the terrible complaint, is the lamest of all conclusions. No business man would risk five dollars on that kind of reasoning. And yet it is upon such grounds that the papers are filled with "cures," *certain*, *infallible*, of every malady under the sun. By all that is sacred in a holy human life, we urge the reader, when he or any of his are ailing in any way whatever, to do one of two things; either do nothing, and let nature take care of herself, or consult your family physician, who, if educated to his profession, will take an interest in you beyond any stranger; or, if he sees the case is beyond his skill, will frankly acknowledge it, and will take pains to turn you over to some man of eminence and acknowledged ability.

HOUSEHOLD VERMIN,

INCLUDING rats, ants, cockroaches, bed-bugs, body-lice, etc. These are to citizens what weeds are to farmers, compelling all to work for a living; and work gives a good appetite, a vigorous digestion, sound sleep, general health, and a good old age. It may be a question of ethics, whether we ought to set our wits to work in devising any short cuts in the direction of exterminating the housepests above named. Until our doctors of divinity settle this point, the safer side may be taken of erring from ignorance, rather than overt design, if it be an error to wage a war of extermination against every living thing which occupies your premises without your consent, and without paying for "board and lodging."

Prevention is the safest and noblest remedy; of these, personal and habitation cleanliness and a big tom-cat are perfectly efficient. But the number of clean housekeepers in the city of New-York is not over one in a hundred, judging from the gangrenous green which defaces the "risers" in the steps which lead into our brown-stone mansions, and the unswept condition of the gutter part of the street-way, in front of most dwellings. And if any of our readers are curious to see sights, let them "happen in" at some of the "auctions of household furniture," which are so numerous in any April in New-York; auctions in first-class houses of families "going to the country," "breaking up housekeeping," or "going to Europe," meaning three times out of four, perhaps, a "financial smash-up." Let any reader go into any dozen such places, and judge for himself as to the supply of good housekeepers, tidy and clean, in this great Gotham. But do not judge from the condition of the parlors and parlor furniture, but look into cellars and sinks, and closets and attics; inspect bed-ticks and mattresses, and "comfortables" and woolen blankets. Such sights! And then again, what loads of abominations in the cellar! What piles of bones and bottles; of old shoes and wads of fat; pork-skins, fish-heads, empty mackerel-kits, and Scotch herring-boxes; and other things, too numerous and suggestive to mention! So that if tidiness were the only remedy for house-vermin, New-York would soon be like Egypt in olden time, when noisome insects swarmed on the food as it was being passed into the mouth.

BODY VERMIN breath through their sides; common sweet oil plugs up their air conduits, and death from suffocation is speedy and certain, always. Ignorance in many cases makes the oil, which is the efficient remedy, merely the vehicle for applying a poison dangerous to man, which has no efficiency whatever in destroying vermin.

ROACHES devour greedily, and die while eating, flour paste, if into half a pint of it, while hot, a dime's worth of phosphorus is stirred, in a tin cup, with a long stick. When this is nearly cold, a quarter as much grease, to keep it from drying; then smear it on broken glass or dirty board, to be left where they congregate.

THE PERSIAN POWDER is harmless to man, but certain death to insects. It is the powdered blossoms and flowers of a Caucasian vegetable, called "Pyrethrum Roseum," of a yellowish gray, odorless, tasteless at first, but leaving a burning sensation. The plant will flourish in our country, and seeds will be furnished by the Agricultural Department at Washington City. Address Hon. J. Newton, Department of Agriculture, Washington, D. C. It is the best remedy known, because cheap, perfectly harmless to man, and infallibly fatal to insects.

HOUSE-FLIES.—Take as much each of ground black pepper and sugar as will lie on a dime, moisten with two teaspoons of cream or rich milk, and spread it on a plate or board; the flies eat it, seek the air, and die out of doors. Or mix the liquor of boiled poke-root with a little molasses, and spread it about on plates.

The powder of *Coculus Indicus*, which boys use to stupefy fishes, destroys many insects, if scattered about their haunts.

As for rats, it is best to keep a good cat or terrier-dog; or keep every thing eatable on shelves hanging from the ceiling or around the walls. Chloride of lime, wrapped in a rag and stuffed in rat-holes or passage-ways, will sometimes drive them from the house for a few months, until the chlorine odor has disappeared. Five cents' worth of strychnine, mixed in three table-spoons of corn-meal, with a few drops of anise, attracts the rats, but it is too dangerous a substance to come into any household. A table-spoon of plaster-of-Paris in powder, mixed with a pint of Indian meal, with grated cheese or oil of anise, is safe and effectual. Ten grains of powdered phosphorus, mixed with a pint of Indian meal, is a good remedy. Powdered potash, strewn in their paths, makes their feet sore, and drives them away. Rats are too cunning to be caught long by any kind of trap. But there is nothing so efficient as a good-mannered, well-trained cat; dogs annoy neighbors by their barking.

WHO ARE TO FIGHT.

ALL males are subject to military duty who are over twenty and under forty-five years of age, with the following exceptions: Those who are of unsound mind; those who have been to the Penitentiary; those who have any bodily defect or disease; the Vice-President of the United States; all United States judges; the heads of the Executive Departments of the United States; Governors of States; the only son of a widow, dependent on his labor for support; the only son of aged or infirm parents, dependent on his labor — if two or more sons of such are subject, the parent may decide which shall go to the war; the only brother of children under twelve years of age, who are dependent on his labor for support; the father of motherless children under twelve, who are dependent on his labor for support; where there are a father and sons in the same family and household, and two of them are in the military service of the United States, as non-commissioned officers, musicians, or privates, the residue of such family, not exceeding two, shall be exempt, and no persons shall be exempt except those mentioned above.

The bodily conditions which exempt from military service are chiefly as follows: 1. Those having disease of the lungs or heart; 2. Loss of forefinger of right hand, or toe; 3. Lameness in either foot; 4. Loss of any limb; 5. Having any kind of rupture; 6. Any defect in either eye; 7. Any deafness in either ear; 8. Having a "hump-back;" 9. Subject to any kind of fits; 10. Having chronic sore leg.

Blackwood.—Messrs. Leonard, Scott and Co., No. 38 Walker street, New-York, will continue to supply the great English Reviews, republished here, at the very moderate rates (for these times, certainly) of their old prices.

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These will be the prices to all who pay prior to the first of April. To those who defer paying till after that time, the prices will be increased to such extent as the increased cost of reprint may demand.

The Reviews are the *London Quarterly*, (Conservative,) the *Edinburgh Review*, (Whig,) the *North British Review*, (Free Church,) the *Westminster Review*, (Liberal,) *Blackwood's Edinburgh Magazine*, (Tory.)

POVERTY AND DISEASE.

SOME of our readers have, no doubt, found the inquiry arising in their minds as to some of the subjects treated in these pages: "What has that to do with health?" An old man wrote to us last year that there was too much in the JOURNAL in connection with religion and the Bible; that a plenty of that kind of reading could be found elsewhere. He had already passed his three-score and ten; one of his sons was a talented and efficient clergyman, and others occupied positions of honor and responsibility. The legitimate effect of religion and of Bible teachings is to build up habits of temperance, cleanliness, and industry, and that these promote human health and length of days is self-evident. And if, in our pages, we, in various ways, inculcate the practice of the moral virtues, such as order, system, integrity, tidiness, self-respect, and the like, as in John Randolph's letter, who does not see that these tend to banish poverty and promote thrift? It has been officially ascertained that the well-to-do live, on an average, in France, eleven years longer than those who have to labor for a living from day to day. Anxiety for to-morrow's bread will at length eat out the life of any man. In connection with the saying, "Poverty has killed more than disease," Gerald Massey writes with truth and force:

"Poverty is a never-ceasing struggle for the means of living, and it makes one hard and selfish. To be sure, noble lives have been wrought out in the sternest poverty. I have known men and women in the very worst circumstances, to whom heroism seemed a heritage, and to be noble a natural way of living. But they were so in spite of their poverty, and not because of it. What they might have been had the world done better by them, I can not tell; but if their minds had been enriched by culture, the world had been the gainer. When Christ said, 'Blessed are they who suffer,' he did not speak of those who suffer from want and hunger, and who always see the Bastille looming up and blotting out the sky of their future. Such suffering brutalizes. True natures ripen and strengthen in suffering; but it is that suffering which chastens and ennobles—that which clears the spiritual sight—not the anxiety lest work should fail, and the want of daily bread. The beauty of suffering is not to be read in the face of Hunger."

NOTICES.

THE AMERICAN TRACT SOCIETY, 28 Cornhill, Boston, and No. 13 Bible House, New-York City, under the efficient management of Mr. J. G. Broughton, has issued HERBERT; or, True Charity, 45 cents. PATIENCE; or, the Sunshine of the Heart. RUTH AND LITTLE JANE; or, Blossoms of Grace. ROSE; or, The Little Comforter. MARY S. PRAKE, of Fortress Monroe. If our subscribers will refer to the bottom of the last page of the January number, they will find another list (with prices) of the admirable publications of this Society, and we cordially advise our friends who come to New-York, and wish to treat their little ones at home with reading which is at once delightful and instructive, to call on Mr. Broughton, at No. 13 Bible House, and examine his list of books.

ALWAYS THANKFUL, is the suggestive title of a discourse delivered in Springfield, Ohio, November 27th, 1862, by Rev. Sylvester F. Scovel, son of the late lamented and loved President of Hanover College, Indiana. Thankful for *all* things individually, and having faith in God that he will bring this nation safely, gloriously through her present trials, ruling and overruling, and shaping all that man does to the highest happiness of his creatures, and the greatest glory of his own great name. It is a delightful subject, handled wisely and well. "Always Thankful!" having faith in God! what a glorious attainment, and possible to all!

"DENTAL JOURNAL FOR THE PEOPLE." Edited by W. W. Allport, D.D.S., Chicago, Illinois. Published monthly, at fifty cents a year. It is an unoccupied field, and one of very high importance, as it seeks to instruct the people as to the proper care of the teeth. Such a journal, well conducted, ought to be taken by every family in the nation, and we hope Dr. Allport will receive the patronage and encouragement which he evidently merits.

AMERICAN MEDICAL ASSOCIATION meets at Chicago, Ill., June 2d, 1863. By order of Committee of Arrangements. N. S. Davis, M.D., Chairman.

NATIONAL ALMANAC AND ANNUAL RECORD. By Geo. W. Childs & Co., 628 and 630 Chestnut street, Philadelphia; also, A. Roman & Co., San Francisco; N. Trübner & Co., 60 Paternoster Row, London; Hector Bossange, Paris, \$1. It is the most comprehensively valuable Almanac ever issued in this country; and as an evidence of its appreciation, the publishers are selling a thousand copies weekly. We advise the copy bound in muslin, at \$1.25. It will be a work for reference for many years to come. We will send it full bound, post-paid, for five new subscribers to HALL'S JOURNAL OF HEALTH, at one dollar a year. It is filled with valuable statistics, history of the States, officers of the United States and the so-called Confederates; obituaries; census, banks, tariffs, public laws, books published in the United States in 1862, excise tax, post-office department, etc. etc.

CONTENTS FOR JANUARY.

Farmer Health—How best Secured; Eating—Rapidity, Frequency, Quantity; Catching Cold; Dress, Head-dress; Shoes, Corns; Housewifery; Potatoes; Baldness; Skating, etc.

CONTENTS FOR FEBRUARY.

Premature Deaths; Success in Life; Responsibility of Writers; do. of Editors; Influence of Mothers; Controlling Temper; Our Daughters; Unskilled Labor; Farmers' Wives Overtaxed—in what Manner—the Remedy. Either Number sent post-paid for 15 cts.; both for 25 cts.

CONTENTS FOR MARCH.

Dirt; Pulpit Power; Witnesses Three; Cherished Flower; Paine and Thorburn; Wire-workers; the Dying; Industrial Facts; Public Schools; the Irish; Cute Things; Ventilation; The One Spot.

CONTENTS FOR APRIL.

Recreation; Interesting Facts; Reformers; John Randolph; Bible Confirmations; Paine and Lawrie Todd; Religious Newspapers; their Age; Sad Reflection; Henry Clay, etc., etc., etc.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

MAY, 1863.

[No. 5.

THE HAUNTED HOUSE.

WHAT shrinkings within, what an indefinable awe pervades the whole being of a child, at the mention of the ominous words: "The haunted house." It is an appellation more prejudicial to real estate than that of "mad-dog" to a quadruped, or "thief" to human derelicts. There is an old dwelling in Schermerhorn street, Brooklyn, which has a history in this connection. It had a pleasant look about it, and the grounds around it made it a very desirable place of abode, as far as the outside was concerned. Years ago it was put up at auction, and "went for a song" to a stranger, who immediately moved into it. But his health began to give way, he grew thin and pale, broke up house-keeping, and labeled it: "To Let." A New-York merchant chanced to pass that way, and as he had just married a beautiful woman of family and fortune, he concluded, with her approbation, to take the house for a year as an experiment in house-keeping. The handsomest room in the house was occupied as a chamber; as the family-room; in fact, it was the only room which could be conveniently appropriated to that purpose. It was not long before the young wife was observed not to look as well as formerly. She was a woman of a great deal of firmness of purpose, and possessed a high degree of moral courage. Extraordinary noises were heard at night which prevented any sound, refreshing sleep for hours together. At one time fierce sharp cracks would be heard at the head of the bed, against the board; at another, a bureau or closet-door would resound with some heavy thump. A little child would often wake up with the exclamation:

"Mother, this noise won't let me sleep." The servants would leave the house in a body, without explanation; sometimes two sets would come and go within a week. The husband was oblivious to all these things; for he was an active business man, spending the whole day in New-York, and fell asleep almost as soon as his head touched the pillow; scarcely turned over until broad daylight. The wife, being afraid of ridicule, said nothing. She was not conscious of any feeling of fear. "I knew a noise could not hurt me, yet it prevented refreshing sleep." Meanwhile several weeks had passed, when the owner of the house was accidentally met in the street, but so changed in personal appearance, that he was scarcely recognized; the wan, haggard and pale face had fullered out and reddened and become cheery; the gait was confident, the step elastic, and the whole bodily presence was, as it were, reorganized. When congratulated on his altered appearance for the better, he turned it off by some allusion to the cares of house-keeping, change, etc. By this time summer came, and the young wife went to the country, having invited her mother to come and take charge of the household during her absence, giving no instructions, except an apparently casual charge to sleep in her chamber, as it was the finest and most convenient room in the house. On returning in the fall her first observation was, that her mother had been occupying a distant room; but no remark was made in reference to that point for several days, as it was preferred that the mother herself should introduce the subject, but never a word did she utter. When the question was put directly, as to the cause of taking an inferior apartment, the wily matron turned the subject by remarking indifferently that she found she did not sleep very well there, and thought a change to some other part of the house might be advantageous; which was the case.

In a few days two romping young ladies, cousins, from a distant city, came to spend the winter with our heroine, who, in courtesy, gave them the "best" room in the house, the fated chamber. In less than a week they announced their intention of returning home immediately, giving no satisfactory reason for so doing; the hidden cause, however, was divined, and they were transferred to another part of the building, and staid out their full time. Spring came, the year for which the house

was taken expired, and it was gladly given up. As there was an indisposition to injure the landlord's property, there was no allusion ever made to the neighbors about the noises; but some one incidentally made the remark one day, that several years before either a murder or a suicide had been committed in that room.

It would be useless to deny that noises were heard in that room; and any one who would say that they were the result of human machinations, would but suggest a greater absurdity than that there were no noises at all. We have heard noises ourselves, when seated around the family fireside; noises as loud and as sudden as the crack of a pistol, within a yard of our elbow. Then, again, there are malign influences in certain localities, in house and field, as impalpable as thin air, and yet as destructive to brain or body as the deadliest agent known to man. Napoleon the First observed that the occupant of a certain sentry-box, for several times in succession, committed suicide; he promptly ordered its total destruction, and a new locality to be selected for the one built in its place; and there were no more suicides. There is many a well, into which, if a man descends, he dies within the hour. See our book on "Sleep," in reference to the selection of localities for the erection of family dwellings.

It is our habit, when persons are on the high horse for narration, to say not a word, ask not a question, until they are evidently "through." Give the narrator a plenty of tether, and he will be very certain to wind himself up in inexplicable contradictions if he is merely romancing. On the other hand, if a true tale is told, it often happens that an incidental remark is dropped, to which the speaker himself attaches but little importance, but which in its connections, upholds to the clear light of day, what otherwise might be painfully intricate, or supernaturally mysterious.

In the course of the above narration, made an hour or more ago in our office, the lady remarked, without the slightest apparent consciousness that it had even a remote bearing on the subject, and, least of all, that it was the key to the unravelment of the mystery: "The sun never shines in that room." No such room can be otherwise than unhealthful, as a human habitation, because there are various gases or emanations, which,

with the constantly varying conditions as to dampness, dryness, heat and cold, must have a disturbing influence on the furniture and wood-work. And let it be remarked (without having seen it suggested in print or conversation) that "noises," which the vulgar are so ready to attribute to supernatural influences, are never heard as issuing from a solid blind-wall, where there is no wood-work whatever.

PHYSICIAN AND PATIENT.

A poor young clerk, in a hardware store in New-York, had a heavy box fall on him in such a way as to peel the skin from the whole surface of the knee, and let out the sinovial fluid, that is, the liquid which nature prepares for lubricating the joint. Medical advice was taken, and but one opinion was given, that loss of life or limb, if not both, was inevitable. The youth had a widowed mother, who was dependent for a living on his scanty earnings; hence to both the mishap was a crushing calamity. While halting to decide whether to have the limb taken off at once, or to run the risk of losing life, in the hope that some favorable change might take place by which life might be saved, and the limb too, although hopelessly stiffened, an adventurous young surgeon told the youth that he thought his limb might be saved, and that if he made the trial and was successful, he could pay him at some future day, when he was more able. The boy expressed his gratitude in a gush of tears, through quivering lips. By this time the whole surface of the knee, covering many square inches, was an ugly sore, a mass of matter, and the surgeon's instrument could easily pass from one side of the limb to the other, under the knee-pan. The limb was firmly bound, the wound was washed, the ragged edges of the skin were trimmed off, nitrate of silver was injected into the joint, an incision was made for six or eight inches above and below the knee, and the skin was detached on either side of this line, until it was almost severed from the body, remaining attached by a few inches on the under side; this loose skin was then drawn over the knee, and so stretched that the edges met. In due time the youth got well, and saved his limb, so that it would not be perceived by his gait that any injury

had been received. Years passed away; the kind-hearted surgeon became an old man, the boy a millionaire, and a most unprincipled dog besides, for he had not paid the doctor a dollar. "Well, my son, you are rich now; you own houses and lands and stocks to a large amount, and the doctor who saved your limb, if not your life, has never been paid. Shall I take him some money?" "Yes, mother, take him a hundred dollars." The pitiful scamp!

The most eminent surgeon in America was once called on to perform the operation for a club-foot, for a gentleman who had come to New-York from a long distance for the express purpose of securing the best talent in that line which money could procure. The operation was performed and resulted most happily; it was a beautiful success. The patient himself was a man of culture; the fascination of his manners was such, that the surgeon spent many hours in his company during the long weeks of treatment. The cure was complete, and a day appointed for the patient's departure. Upon the announcement that the fee was three hundred dollars, he appeared almost hurt that it should have been so trifling a sum, and requested that the surgeon should make it larger and present it for payment the next day, which would be the last visit. The next day the patient was missing, and was never heard of afterwards.

There is no class of men living who give more time and personal attention for the benefit of others, without any compensation, and without any hope of compensation, than educated medical men; it is a part of their profession; it is an engagement which they tacitly undertake, on the eventful occasion of receiving their diplomas, never to refuse a call of rich or poor, day or night, whether in town or country, unless in case of inability from actual sickness in their own persons. And how well the profession keep these implied promises, and even go beyond them in waiting on the sick and dying when they themselves ought to have been in bed, there are literally multitudes to testify.

There are some physicians who never make a charge, who never present a bill, but leave to their patients to pay when and what they please. There is no merit in this; it is a positive injury to any ordinary community; its operation is demoral-

izing, and it ought not to be countenanced. Such a course may be proper enough when the millennium comes, not before.

Some long-headed doctor has said that the best, the most willing paymasters for medical services, are rich heirs and legatees. That Nestor among surgeons, the kind-hearted Dr. Mott, who, by the way, is the youngest-looking old man in the nation, upon whose placid features none can look without a feeling of envy and of love, was accustomed to say to his classes many years ago: "Young gentlemen, in entering on the duties of your profession, have two pockets made, one very large, the other quite small; the former for the insults, the latter for the fees." In our own early experience, a very rich man refused to pay his bill. It was such a mortification to us, we resolved that thereafter, when we did "trust" a man, to let him pay it "on his own motion," otherwise let it go to the account of profit and loss. Two years later a letter came with a check for more than we ever asked for, because the man got sick again, and had faith in us.

We once prescribed for a young lady; it was a very tedious case, but she eventually regained her health, became the principal of a flourishing school, and made money largely. Seven years from our first acquaintance, she wrote for her bill, and on remitting it, with a bonus, she desired advice in reference to the result of an accident which threatened to destroy life eventually. But physicians of large and long experience know very well that these are exceptional cases, that three times out of four the relations of physician and patient are of a delightful character; there is trustiness, respect, and gratitude all combined, increasing with increasing years. It is to the family physician that secrets are communicated which are not to be told to parent or child, to husband or wife; secrets which would blast the reputation of whole families, which would put into commotion an entire community, and breed life-long enmities between the hitherto loved and loving. But who ever heard of these confidences being violated, of these holy trusts being forfeited? Rare indeed are the cases where domestic concord has been broken up by the dereliction of the medical attendant; and the fondness with which the name of the old family physician is mentioned, after he himself has passed away, by those who have

sought his advice and have been benefited by his ministrations, is only second in a great many cases to that which is felt for father and mother, after they have gone to their long home.

Many are the cases where persons have felt themselves to be under obligations for deliverance from sufferings or impending death, or life-long deformities, which no money could ever cancel, and an affectionate gratitude springs up, which there is a sweetness in beholding, and is highly creditable to human nature. Hence it is that in cities and large towns it is of frequent occurrence that the same physician "practices" in families to the third generation, and his mantle falls upon his son.

EYESIGHT.

IN Health Tracts 5, 15, and 61 we have said a number of very sensible things about preserving the eyes, and putting far off the evil day of 'specs.' Some saucy exchange, not having the fear of our displeasure properly before its eyes, has audaciously essayed to poke fun at us in the manner and form to wit:

"ADVICE TO PERSONS POSSESSING EYES.

AFTER HALL'S JOURNAL OF HEALTH.

"The eye is probably the best apparatus ever constructed for seeing things, always excepting opera and quizzing glasses. Without it, merchants would be everlastingly doomed to 'go it blind,' as they have been doing ever since the panic of 1857; and man could not extend his vision to surrounding objects. The eye is subject to not less than six hundred diseases, the most prevalent among which is the 'pink-eye,' common only to potatoes, the human family, and poodle-dogs of delicate constitutions. The professions are unanimously of the opinion that it is incurable. As man is very rarely favored with a second pair of eyes, it is but common prudence to take care of the brace furnished him at the time of setting out to seek his fortune; and therefore the following rules will be found serviceable.

"Reading by a candle, unless it is lighted, is very hurtful, and should never be indulged in except by daylight. Absent-minded persons, please notice.

"Intoxicated persons should not attempt to read, as their staggering causes a continual and painful change of the focus of the eye.

"The practice of reading when going down-town is hurtful; if walking, you are liable to rudely encounter a school-girl, also reading; and if in a 'stage,' your attention may inconvenience the lady occupants, who expect you to pass up their pennies or steady their baskets.

"Never attempt to look at the sun, unless you have glass eyes; and when you patronize street-telescopes, do not grumble when paying for an 'interesting view' of Sol, and say, 'you can't see it.' It speaks bad for your eyes.

"Do not look at the moon, as the man in it might consider it impertinent, and being a lunatic, might cause you trouble.

"The glare of the sun on water is very bad for the eyes, and for this reason a person should always drink something else during the daytime.

" 'Seeing stars' and prize-fighting are hurtful to the eye.

"If compelled to fight, avoid black eyes; they greatly discourage the natural sight, and are the reverse of ornamental.

" 'Keeping your eye peeled' is not a literal expression; it should be taken figuratively, as the 'peeling' process is bad for the optic.

"As any sudden change from darkness to a bright light is injurious to the eye, all fireworks should be set off in the daytime, and Barnum's calcium light should be extinguished.

"Never attempt to read by the light of a burning building, as the fire may be put out before you finish the story; besides, you would be in danger of getting hit by a brick, or run down by one of 'Eighty's boys.'

"In looking at minute objects the eye should be occasionally relieved by the sight of a 'big thing.' For instance, when looking down the throat of a mosquito to see where your blood has gone, have Barnum's hippopotamus at hand, with open mouth, to give variety to the view, thus resting the eye.

"On arising in the morning, if the eyes are matted together, it is very hurtful to have a fire-engine to play into them, and a person should never wash his eyes of a morning in gin and bitters, as the 'stoughton' is very apt to discolor the optic nerve. The proper and most agreeable method of performing this feat

is, soak the optics not to exceed two hours in warm soap-suds, and then pry the lids open with an oyster-knife. The cause of the adhesion can then be removed by an application of sand-paper and elbow-grease.

"Never bathe the eyes in cold water, it is apt to give them the cramp, and has been known to produce gout in the retina.

"Ordinarily, spectacles should be worn by elderly people only, though many young gentlemen can see very well through a 'pair of glasses.' They are, however, extremely apt to affect the tongue and the breath.

"Persons with long sight should look at an unpaid tailor's or milliner's bill by holding it close to the eye, as they can then truthfully declare that they 'can't see it.'

"Some individuals are troubled by the rapid growth of their eye-lashes, (winkers is the professional term,) which is caused by an undue proportion of bear's oil in the fatty substance of the optic. If the lashes become too long, do not cut them with a mowing-machine; it is both unnecessary and expensive. Besides, it is attended with danger—the books containing a number of cases where the sight has been permanently injured by running a number of the teeth of a mower into the eye. The proper mode of abbreviation is, to trim them carefully with an apple-paring machine.

"If the eyes are not of the same color, the owner should not attempt to establish a uniformity by the use of hair-dye or wash, unless he has consulted a fortune-teller on the subject. Even then the risk is great, and no regular practitioner should attempt the operation unless paid in advance.

"Near-sightedness is caused by the inability of certain persons to see objects at any great distance; it can be cured by lengthening the distance at which objects are visible. If the eyes experience an itching sensation, never rub them with the finger; the saline matter in the insensible perspiration making the optics more irritable. Draw a currycomb gently over the eye, from the nose outward, avoiding that prominent organ, especially if a wax one.

"Double-sight is very dangerous, and persons should be 'treated' promptly when thus afflicted.

"By observing the above, eyes will not give out until the vision begins to fail.

ZEBEDEE SQUELCH, M.D."

We greatly regret that Professor Squelch did not send us a lock of his hair with his basket of fun, as we should have taken pains to have it placed in a promiscuous position in "Barnum's Music," as our little Alice used to say, with his name and residence attached thereto, and thus have aided in giving him a name and a fame second only to that of Margulies of the Lafarge, whose skill and ability as a scientific oculist, is confessedly superior to that of any other man in this country. Meanwhile we beg to assure our friend Zebedee, that he is the esteemed object of our very considerable consideration.

SURGERY.

It is proposed to devote a few pages to a description of several surgical maladies, such as are very commonly met with in every community, and which, from the fact of almost total ignorance of them on the part of the people as to their nature and beginnings, often assume a fatal form before either patient or friend has the most remote idea of danger. Men die of heart-disease, when such an event might have been indefinitely postponed had its existence been early discovered by the skillful surgeon; so with various forms of tumors, ruptures, aneurisms, etc., etc. Among the maladies described in the following pages are —

TUMORS—permanent and transient, internal and external.

FACE—its various deformities, congenital or accidental, modes of removing, etc.

MOTHER'S MARK—nature, remedy, etc.

BURNS on neck, cheek, eye, etc., and remedy.

FISTULA of the eye, rectum, etc. — their nature, cause, cure, and remedy.

EYE — its deformities — squinting, watery eyes, or fistula lachrymalis.

NOSE—congenital and accidental disfigurements, its restoration, etc.

ANAL AND RECTAL diseases, fistula, etc.

PILES — their cause, nature and permanent cure, whether bleeding or blind, external or internal.

WARTS, excrescences, etc.

KIDNEYS—diabetes, strictures, debilities, runnings, sores, etc.

SURGICAL DISEASES.

MULTITUDES perish prematurely, or suffer dreadful agonies for years, in consequence of neglecting slight deformities in the body, or swellings or protrusions, which, although they may give little or no pain, do nevertheless sometimes lead to deplorable results; hence it is thought a public benefit may result from making some plain statements in reference first to ailments which may require surgical treatment. It is a common but very erroneous opinion that surgical interference must necessarily be accompanied with pain and danger to life; that the knife must be used and blood must flow. The fact is, that in the hands of a skillful surgeon, the cases are rare which require any thing more than a very small amount of heroism to bear. In cases where the patient is of a very nervous temperament, a slight inhalation of ether or other anæsthetic will render him insensible to pain during the very few moments of the operation. In the majority of surgical operations, in ordinary practice, there is a lessening of pain from the instant of the first touch of the instrument, especially such as are required for strictured passages, displacement of various organs, the application of topical remedies, and the adaptation of the various kinds of mechanical support, and the like.

Surgery is a science, hence its practice is not uncertain. It is based on physiological law; it is an art founded on anatomical knowledge, and experience in the use of proper instruments and remedies. The success of a surgical operation can be predicted with great confidence if properly performed, provided the vital status is not too much impaired by extraneous or unforeseen circumstances, such as great loss of blood or nervous depression from some terrible injury, or exhaustion from some wasting or malignant disease.

The writer's labor as a practical anatomist during many years, and his experience in surgical diseases, authorize him to speak and act with authority in the premises; and first as to

TUMORS IN GENERAL.

If a tumor is taken from the body, "surgical repair" is necessary to a perfect cure; this is a process by which lymph,

or the fibrous portion of the blood, is thrown out and wakes into life, becomes a part of the living body, and by this means all wounded or fractured parts are repaired and become united, and cavities are filled up and obliterated.

A TUMOR is a preternatural eminence existing in any part of the body; when external, it is more or less a deformity; very often painful, and sometimes inconvenient, especially when large. Sometimes after remaining inactive for years, they suddenly become malignant and prove speedily fatal. A tumor may be transient, as when caused by effusion or inflation; these the skillful surgeon will remove by promoting their absorption, or will otherwise cause them to disappear without violence; the charlatan or the youngster removes them with the knife or terribly burning applications, and then boasts of having cured cancer or malignant tubercle.

PERMANENT TUMORS may be caused by the impaction of a foreign substance, by some unnatural growth of parts or organs, deposits of water or blood, of calcareous and other matter; by hernia, by the dilation of large vessels, as aneurisms. They may be of all sizes, from a wart to a mass equaling in size the whole body; they may be cancerous or otherwise extremely dangerous. When there exists the slightest doubt as to their true character, an honorable, conscientious, and experienced surgeon should be promptly consulted. Many, very many cases are on record, where incalculable mischief has been done by ignorant interference. A case: In July, 1859, the writer was called upon by a distinguished Philadelphia surgeon to examine a tumor on the back of a lady. It extended from the neck to the loins, forming a most unsightly hump. It was at once pronounced an encysted tumor, and its immediate removal advised, not only on account of the deformity, but because it was on the point of ulcerating, which event would have given rise to a most offensive discharge, which might have continued for a lifetime. Although nursing a child at the time, the lady consented to an operation, which the writer performed, without administering ether, and with but little pain. The tumor weighed four pounds. The patient never kept her bed; resumed her usual active duties within a fortnight, well pleased with being rid of such a superfluous burden with but really a slight inconvenience.

It must not be inferred that all tumors must be removed with the knife. Many can be removed by reabsorption, some by tapping, and others, as aneurisms, by tying a string around a proper blood-vessel.

FACE DEFORMITIES.

Sometimes persons are born with a want of the features, with deformities in the skin, such as "mother's mark," (aneurism by anastomosis,) moles, and the like. Deformities may arise after birth from disease or injury, such as pitting from small-pox, scars from scrofulous abscess, burns, scalds, cuts and fistula; then, again, there is a loss or deformity of features by disease or violence.

MOTHER'S MARK.

When small, or of a form which facilitates removal, it is readily removed, and should be done as soon as possible in infants and young children, in order to prevent increase in size.

Very often after the healing of an abscess, there remains an unsightly puckering of the skin. In almost all such cases a portion of the surplus skin can be removed with great nicety.

BURNS.

When the skin has been destroyed by a burn, the wound contracts during the process of repair, and draws the adjacent skin with it, as in pulling down the side of the mouth or eyelids, or exposing more or less of the mucous membrane of the lower eyelid, which, by dust lodging on it, and by the constant change of temperature, a permanent source of irritation is set up, endangering vision.

In extensive burns about the neck, the skin contracts so much that the lower jaw is drawn down to the extent of preventing the mouth from closing completely, causing a hideous appearance, while the constant dribbling of saliva from the corners of the mouth is an incessant and mortifying annoyance. Here defects, large and small, can be remedied by proper operative procedure, and moles, hair, discolorations of the skin, and other unsightly appearances can be removed without danger or suffering, scarcely leaving the slightest trace of their previous existence; and yet there are multitudes of parents who, under the impression that these things can not be remedied, allow their children to grow up with these blemishes, which in

too many cases is a life-long martyrdom to them from their constantly growing sensitiveness in relation to them. Such a result is greatly to be deplored, and many a heart-ache may be prevented as to a lovely daughter, or promising son, if different and more truthful views as to such things can be disseminated in the pages of a practical and popular journal like this.

FISTULAS.

A fistula is an ulcerated channel extending under a surface; hence it may exist in any part of the body. It is sometimes caused in the face by a stoppage of the ducts which convey the saliva from the glands or springs from which it comes; or by some disease in the gland itself; or from an unhealed wound or dead bone. In any case, the cause of the mischief should be ferreted out and the proper remedy promptly applied.

EYE DEFORMITIES.

One of the most common of these is "strabismus," or squint. It is a want of uniformity in the position and motion of the eyes. The radical cause is the contraction of one of the muscles which move the eyeball. A cure is effected by a division of the tendon of the muscle. The operation is simple, safe and effective, without in any way involving the eye itself or endangering the sight.

The eyelid may be inverted, and the eyelash being in contact with the surface of the eye, inflammation arises, ending in opacity and blindness unless the defect is remedied; or the eyelid may be everted, turned outwards, and come in contact with foreign matter which will damage the sight. Sometimes small tumors are found in the eyelids; these can be easily and promptly removed, and with the most perfect safety.

WATERY EYES,

Or "Fistula Lachrymalis," is caused by a stoppage of the canal which conveys the tears or water from the eye to the nose, hence the water overflows and runs down the cheek, causing considerable discomfort and inconvenience always, and sometimes inducing irritation and ulceration; this is speedily, easily and perfectly remedied.

When an eye is lost or very much deformed, it can be safely

removed and an artificial one substituted, which will give the outward appearance of a good eye.

NOSE.

The nose may be lost or deformed by internal and external tumors; of the latter variety nasal tumors or polypi are the most common; these fill up the nostril, impede breathing and speaking, and are a source of incessant annoyance; these are readily taken away, and the sense of relief is instantaneous and most agreeable. Sometimes a part, or even the whole of the nose may be wanting or lost by disease, accident, or otherwise. In such cases repairs are made from the adjacent living skin, and a new nose of natural flesh and blood can be re-supplied; and in rare cases, where there is a grievous disfigurement of the face, the misfortune can be remedied in whole or in part by means of skin taken from the arm, and with comparatively little suffering.

A case: A young girl of this city was introduced to the writer; she had lost her nose through an injury; there was no ulceration, the wound having entirely healed. The writer restored the organ last November by building it up from the adjacent skin; the parts healed rapidly, without any unfavorable symptom, she following her usual domestic avocations from the time of the operation, which circumstance, no doubt, facilitated the cure.

In November last the writer restored the tip of the nose of a soldier. A few days later he was consulted by the mother of a young lady for a deformity of the nose of rather a singular character. From a blow received at school, causing inflammation, a portion of the nasal bones came away, resulting in a sinking in of the bridge of the nose, with the tip projecting preternaturally. The daughter was extremely anxious to have an aquiline nose. By the use of an instrument devised and made to meet the case, the patient was rewarded by the angle of the profile of her nose being very much reduced.

ANAL AND RECTAL DISEASES.

Operations in these cases are comparatively painless and very transient; the aggravating symptoms generally subsiding from the commencement of the treatment. Sometimes it is necessary

to divide some bridge of skin or flesh, or remove a slight impediment with the knife; but when this is done, the affair is so really small as hardly to cause a murmur from the most timid. Children may be born with a closed or imperforate anus; the defect is often slight and easily remedied; sometimes it is of so grave a character that a skillful surgeon should be called without an hour's delay.

Foreign bodies sometimes obstruct the passage along the track of the bowels, such as fish-bones, chicken-bones, melon or grape-seed, and the like. Within a week the papers record the death of a man at Troy, N. Y., from inflammation of the bowels, caused, as was found after death, by an oblong stone having lodged crosswise in his bowels; he having been in the habit for two or three years of exhibiting himself to the public for pay, swallowing pebbles with great rapidity, half a dozen on one occasion, one after another, one at a time. The writer was present at one of these exhibitions, about two years ago, near the City Hall of New-York, regarding it at the same time as a disgusting exhibition which the authorities ought to suppress.

Obstructing substances are sometimes introduced from below. The proper remedy is to dilate the bowel, and withdraw the obstruction with appropriate appliances.

PILES,

or Hæmorrhoids, is the most common of all rectal diseases. The urgency of the symptoms varies with the character of the malady. Piles are small blood-tumors near the edge and extremity of the lower bowel, and are caused by the enlargement of the blood-vessels of the parts. Piles are internal or external. The internal are tumors varying in size from a pea to a walnut or larger; they are of a dark brownish or bright red color, according to the degree of inflammation present; they cause great inconvenience, and sometimes most acute suffering at every evacuation. Some persons are totally prostrated for two or three hours afterwards, lying on the bed in the mean while in a state of great suffering, the thickened and vascular condition of the inner lining of the parts (the mucous membrane) being exceedingly liable to bleed from straining and pressure.

TO BE CONTINUED.

PHILOSOPHY.

PRACTICAL philosophy is that which enables us to look at the ills of life, its disappointments and its diseases, in a manner which does much to surmount them and deprive them of the power to do any permanent injury. True philosophy has no pretense about it; no chicanery, no fraud; it does not worry itself in the endeavor to make the worse appear the better reason, or in making troublesome concealments; on the contrary, it finds a happiness and a grateful relief even in a frankness which endangers a storm of ridicule. Who, for example, does not admire the moral courage of the elderly negro noticed upon the hurricane-deck of a steamer, after the taking of Fort Donelson; with a philosophical and retrospective cast of countenance, he squatted down on his little bundle, toasting himself against the chimney, in a state of most profound meditation.

"Were you in the fight?"

"Had a little taste of it, sa."

"Stood your ground, did you?"

"No, sa, I runs."

"Run at the first fire, did you?"

"Yes, sa, and would hab run soona, had I knowd it war coming."

"Why, that was not very creditable to your courage."

"Dat isn't in my line, sa—cookin's my perfeshun."

"Well, but have you no regard for your reputation?"

"Reputation's nuffin to me by de side ob life."

"Do you consider your life worth more than other people's?"

"It's worth more to me, sa."

"Then you must value it very highly?"

"Yes, sa, I does—more dan all dis wuld—more dan a million ob dollars, sa; for what would dat be worth to a man wid de bref out ob him? Self-preserbashun am de first law wid me."

"Then patriotism and honor are nothing to you?"

"Nuffin whatever, sa—I regard dem as among de vanities."

There is another kind of philosophy, or which may be called a moral force, which often enables men to live above disease, and survive for many years, ravages on the constitution, which, preying upon persons of less strength of mind, would hurry them to the grave in a very short time. We remember to have heard of a neighbor in early youth named Hume. He was a great miser and very rich. He was apparently at the point of death. All his broad and fertile acres had been disposed of, and he ceased to dictate to his lawyer, who, knowing he had a large amount of silver and gold in his house, said to him after a pause: "Well, Mr. Hume, what disposition will you make of your money?" "My money! do you expect me to give away my money, too! I will not do it;" and summoning to himself what, under the circumstances, seemed to be the superhuman energy, he rose from his bed, dressed himself, broke the spell of his disease, and lived some years afterward to advocate the making of tin hats, as they would not soon wear out.

Of two persons having consumption, with apparently equal chances of life, the man who abandons himself to his fate, hugs the fire, and is afraid to stir out of doors lest he should take cold, inevitably dies in a short time; the other, having force of character, indomitable determination, and a truer philosophy, considers that life is worth striving for, that he can but die any how, and braving all winds and weathers, fights courageously against his malady, and lives to be an old man. So it is in some forms of paralysis, rheumatism, and other disablements, the exercise of a true philosophy is manifested in brave resolves to live down disease, to live above it, and by sheer force of will to break the spell which was thrown over the succumbing body; thus the mind may, and often does become a power over human maladies more efficient than the most famed medicines of the apothecary.

SPECIFICS

ARE such drugs as very certainly cure the ailments or effect the objects for which they are administered. No medicine can be always successful, for man was born to die; but there are some which so uniformly accomplish the end intended that they are very implicitly relied upon. There are specifics moral as well as medicinal, and it may answer a useful purpose to give examples of both.

The best specific for a horse-thief is a hempen halter; never since the world began, has it ever been found necessary to repeat the dose.

If you want to get rid of a troublesome and unprincipled acquaintance, without offending him, lend him five dollars.

A specific for all earthly troubles, not excepting that greater than all of them, a partnership with a virago and a shrew, said to have been the lot of one of the wisest of men, Socrates the husband of Xantippe, as also one of the best of men, the good John Wesley, is a dose of strychnine; but this is jumping out the frying-pan into the fire, for the suicide, the last act of whose life is the deliberate violation of one of the plainest of all the commands of the great and good Father of all, "Thou shalt not kill," must wake up in the life beyond, with that "fearful looking for of judgment," which is the lot of all the wicked.

But there is another kind of specific, wholly different from all these, and of another meaning, it is that of specific directions, medically speaking, for the want of which many a prescription has proved inefficient, and many a valuable life has been lost. A physician once advised a sufferer to apply a mustard plaster to the chest. The next morning the patient returned, worse than before. On more specific inquiry it was ascertained that with becoming faith, particularity and earnestness, the plaster aforesaid had been applied to the chest, but it was to the wooden one at home, which held all the patient's clothing. The doctor's directions were not specific enough. I have often found it very satisfactory as to results, when giving instructions to patients as to that all-important agent in the cure of disease, diet, to put in print the exact items of food to be placed on the table, adding thereto: "Nothing else." This is specific, clear, sharply defined. Not so the judge in the following case, as no doubt the unfortunate jurors felt to their sorrow:

"If the jury believe, from the evidence, that the plaintiff and defendant were partners in the grocery, and that the plaintiff bought out the defendant, and gave his note for the interest, and the defendant paid for the note by delivering to the plaintiff a cow, which he warranted not breachy, and the warranty was broken by reason of the breachiness of the cow, and he drove the cow back and tendered her to the defendant, but the defendant refused to receive her, and the plaintiff took her home again, and put a heavy yoke or poke upon her to prevent her from jumping the fence, and by reason of the yoke or poke she broke her neck and died; and if the jury further believe that the defendant's interest in the grocery was worth any thing, the plaintiff's note was worthless and the cow good for nothing, either for milk or beef, then the jury must find out themselves how they will decide the case; for the court, if she understands herself, and she thinks she do, is at a considerable non-plus how such a case should be exactly decided."

HEALTH TRACT, No. 139.

ONE ACRE.

ONE of the most general causes of unthrift to farmers, as well as reasons why many persons who retire to the country to spend the evening of their days, after having accumulated a fortune in the city, and soon tire or become dissatisfied, is the unwise grasping for too much land. The farmer wants from the first to secure enough to be a little fortune for each child, by the rise in price. The citizen can not rid himself of ideas about profit and loss; and his mind will run on the fact, that if he gets a good slice of land, it may turn out that he can divide it into town-lots in a few years, and realize an immense per centage; but while he is waiting for a town, a messenger comes to say, "You are wanted"—for the last great account! The young farmer, after working out a little lifetime in trying to pay interest, wakes up some morning to find that he has already paid more for his farm than it is worth, and is owing a considerable amount on it besides; for the "rise" never came! Let the merchant remember that going to the country will kill him all the sooner, if he does not at the same time go to work; that the vexations attendant on a large place, which is equivalent to embarking in a new business, one about which he knows almost nothing, will inevitably produce a disquietude of mind, and at length a general irritation of temper, many fold more injurious to his well-being than if he had remained in business. As much work can be profitably expended on one acre of arable soil as any retired merchant ought to perform in twelve months. And there are farmers, wise beyond their day, who, by expending on one acre the labor which others have diffused over twenty, have saved more money, lived more quietly, enjoyed more happiness, and reveled in more luscious good health. By what follows, it may be seen how a man made money for two successive years, by cultivating one acre of land well; planting potatoes the first year, following them with wheat.

<i>Dr.</i>		<i>Cr.</i>	
POTATOES.			
To 12 loads manure,.....	\$10 00	To 218 bushels potatoes, at 97	
Hauling and spreading same,...	3 00	cents,.....	\$211 46
Plowing in potatoes,.....	8 75	Tops as manure,.....	3 00
11½ bushels seed, at 90 cents,...	10 35	31 bushels wheat, at \$1.25,....	38 75
Hoe-harrowing and hoeing,....	3 25	1 ton straw,.....	8 00
Digging and putting in cellar,..	24 87½	Chaff,.....	1 00
Hauling to market, (10 miles),..	6 25		
		Cr.,.....	\$272 21
WHEAT.		Dr.,.....	76 05
Harrowing,.....	1 50		
Seeding,.....	87½		\$186 16
1½ bushels seed, at \$1.30,.....	1 95	Interest on land, 17 months,...	2 75
Cradling and hauling in,.....	2 50		\$183 41
Threshing and cleaning,.....	2 50		
Hauling to market, (2 miles),...	75		
	\$76 05		

The land was a good loam, with a light clover sod. The manure was spread on the sod, and plowed down with the potatoes in every third (narrow) furrow. The seed was the common Mercer, planted as early as convenient, and dug ditto; no sign of rot. The wheat was the common blue-stem. The potatoes were plowed out every third furrow, and the ground was plowed regularly, and harrowed down for wheat.

Let all who seek fortune or health in farming remember to purchase no more land than they can pay for, and no more than they can easily cultivate with the force they have; otherwise, irritations, vexations, and disappointments will eat out their health and squander their money.

SPRING-TIME.

IN the early part of May, very many persons begin to feel that they are not as well as they have been. There is a degree of languor and lassitude, an indisposition to exercise, or even to read or think much, which makes life almost a drag. This ought not to be. There is no good and sufficient reason why man should not wake up to a newness of life, and embark in its business with a new energy and a new enterprise. The grass shoots up in its greenness so delightfully refreshing, that we love to look upon it; the buds swell on the trees, and the beautiful flowers unfold themselves; while the birds of the wood fill the sweet air with their rich and gladsome diapasons! And why should man alone, of all the creation, look with a languid eye upon the spring-time? It is unnatural, it is wicked, it is absurd; and it comes about in this plain matter-of-fact way. Man alive! do you see that pig yonder, lying in the corner of the fence, or at the foot of the wall, his eye half-closed, and so lazy that he can't summon up courage enough to wag his tail? An hour sooner he was not so, but was running toward the corn-crib, at the farmer's cry of "pee-gy," with the same agility that a little beggar-boy will run from you, these times, on the discovery that you have in mistake given him a dime instead of a nickel. The pig has eaten so much that he can scarcely grunt. The lassitude which comes over multitudes of humanity with the beautiful spring, is the result of eating too much. There is nothing in the spring air to cause this; for it is soft and balmy and blissful, and brings animation and a newness of life to every living thing, man only excepted!

The "modus operandi" is worthy of being studied, and well matured, by every intelligent reader. We are all kept from freezing by an internal furnace; the fuel for which is the food we eat; the living furnace, like that of our dwellings, requires more fuel in winter than in summer. Who has not, in considerable anger, abused Bridget for roasting them, by keeping up a greater fire in April than in mid-winter? and we call it perversity. But the maid does in the cellar what the mistress does in the dining-room, she simply puts the same amount of fuel in the grate or furnace daily. The maid roasts the outside of her mistress, while the mistress herself roasts her inner-man; thus she is literally between two fires. Is it any wonder that people complain of spring fever? As a remedy, Bridget opens the doors and windows and diminishes the heat, while the mistress resorts to tonics, and the master to "bitters," alias brandy-and-water, to whet up the appetite, to make the stomach call for more fuel, instead of attending to the stomach's instinct, in calling for less food. In all nature man is the biggest fool.

In spring be a strict vegetarian, be a strict cold-water man, keep clean, keep cheerful, keep out of doors, and your spring-time will not be the sleepiness of the pig, but it will be as gleeful and as gladsome as that of the sweetest birds of May.

Changing Clothing.

It has come within the observation of many a reader that serious and severe illness has been induced, and even fatal sickness caused, by a change of clothing. Injury never comes, perhaps, by putting on more or warmer clothing, but by diminishing the amount inconsiderately. The first great general rule, and always the safest, is to make the change when you first dress in the morning; if you wait until you are uncomfortably warm during the day, it is most likely to be in the early part of the afternoon; in making the change then there are two or three causes of disease in operation; the fact of undressing endangers a check of perspiration; the garments about to be put on may not be perfectly dry, there may be no opportunity, even if they are dry, to warm them up to the heat of the body; and further, just about the time you have changed, the cool and damps of the afternoon and evening begin to come on, increasing until dark, while having been thrown off your guard by the warmth of the morning, you may not feel the necessity of a fire, and by tea-time you are surprised with a disagreeable chilliness running over you; then the cold has been taken, to settle in the eyes, causing weakness and watering; or in the head, giving a running at the nose, soiling a handkerchief in an hour; or in the throat, creating a raw or burning sensation at the little hollow at the bottom of the neck and top of the breast-bone; or on the covering of the lungs, to give the painful pleurisy; or in the lungs themselves, in the shape of a troublesome bronchitis, or a dangerous pneumonia; or in the bowels, causing weakening diarrhea; or on the covering of the bowels, inducing peritoneal inflammation, to end probably in death, in a few days.

It is very unsafe to lessen the amount of clothing sooner than the first of May, and then not in quality, but in less thickness of the same material; from yarn socks to worsted; from a thick, knitted flannel shirt to one of common woollen flannel; then, about the first of June, to a gauze flannel; if this is oppressive to some, then employ canton flannel. But it is certainly a great mistake for any body to wear any thing else next the skin, even in the hottest summer weather, than woollen flannel. Silk shirts next the skin can not be advocated on any tangible grounds; the moment a man begins to twaddle with you about "electrical influences," turn your heel upon him, and set him down as a presumptive and impudent ignoramus.

EATING HABITS.

THE most common way to a premature grave, and one of the shortest cuts to that destination is down a man's throat. There is a multitude which no man can number, daily eating immoderately, thus sapping the constitution and laying the foundation for innumerable ills and a too early grave. The wise man does it, and the fool; the virtuous and the abandoned; the kind and the cross, of all climes, are among the errorists. But there are some who are wise as to this point, and the number is increasing; the number of those who are men and women of force; who think for themselves, observe for themselves; who have vigor of intellect enough to compare causes and effects, antecedents and consequents. There is constantly coming to us the knowledge of mothers, who, by the teachings of this JOURNAL, have been led to regulate their households rationally, and are reaping a rich reward in the shape of health for themselves, and what is dearer still, increasing health for their children.

The first great point in the philosophy of eating is to perform that very necessary business with the greatest regularity. A young Scotch trapper, Thomas Glendy, told us thirty years ago, that the Indians, with whom he had been hunting, ate but once a day, and that was in the early evening; that then, a single individual would consume several pounds of meat, smoke his pipe, lie down to sleep, get up by the dawn, hunt all day, eating nothing until the night again. An old beau of Washington City took it into his head that eating was a trouble, and that he would perform that process but once a day. On occasions of his being invited out in the evening, he felt compelled to take something, although he had eaten his regular dinner; but then he would eat nothing at all next day. These irregularities were very rare; he died nearly eighty years of age, a sprightly and gallant old beau to the last. On the other hand, persons who are regularly irregular, seem to live a good while. Captain Hall lately stated to the Historical Society in this city, the case of some Esquimaux, who being carried to sea on a cake of ice, ate absolutely nothing for the space of thirty days, when each man swallowed about thirty pounds of meat and oil, and neither bursted up nor died. But observation has shown that, both as to man and beast, regularity in the hours of eating is indispensable to a healthful, thriving condition. Most articles of food require several hours, to be placed in a condition to be passed out of the stomach; and if a new supply of food is introduced before this process of digestion, of conversion, is completed, the former food is not passed out until the latter has been brought to its own condition; the result of its being kept warm so long is, that it begins to decay, gas is generated, and the whole mass is corrupted. Those who eat often, who eat between meals, always have wind on the stomach, and other places; but if it can not escape, it causes a feeling of weight or oppression, and this is dyspepsia, that horrid hag which has a thousand ails in her train. Half the "girls" have dyspepsia before they are seventeen, in consequence of their everlasting nibbling at every thing in the house. The most natural and healthful times for eating would seem to be at daylight, noon, and sundown; the last meal being very light indeed.

NOTICES.

THE AMERICAN TRACT SOCIETY, 28 Cornhill, Boston, and 13 Bible House, Astor Place, New-York, has issued the *Wicket Gate*, beautiful in manner and sweet in substance, being "Short Narratives of the turning of sinners to God, with words of counsel and warning;" also *The Senses*, with numerous illustrations of sight, taste, touch, hearing, smell, etc., the motto being from Bayne, "Christ exalted our whole conception of nature, by habitually associating it with the spiritual instruction of man;" also *The Way to be Happy, or Willie the Gardener-Boy*, by Catherine D. Bell, who has also written a deeply interesting and instructive narrative under the title of *The Two Ways*. Mr. J. G. Broughton, at the Bible House Branch, has every variety of publications for the instruction and comfort of old and young, and we counsel our readers to go there the very first place when they come to the city, and get their best money's worth before it has slipped away for less valuable things than the Boston Tract Society's publications.

EXCHANGES, whom it may concern, take notice that the Editor of HALL'S JOURNAL OF HEALTH feels greatly obliged to them for the partiality with which they regard his writings. We constantly feel when we see our pieces copied, "I must try and make them more worthy of being transferred to the pages of other periodicals," as we see our defects a great deal sooner and more distinctly than others possibly can do, for we were born a cricket, in other words a critic, but we have a gift very uncommon, and that is when a criticism is adverse, to examine its correctness with perfect good-nature, and then to profit by it, however belligerently or spitefully the criticisms were made, because we know that the gift of kindly criticism is a divine emanation.

In one thing we would like our exchanges to be a little more on their guard as to a small matter of right and wrong. They are sometimes careless in giving us credit for our good things; and inasmuch as the fact of exchanging is often the merest act of courtesy, without any other *quid pro quo* than the mere weight of the paper at six cents a pound, we think we ought to be helped along a little. The *Transcript* of Philadelphia lately copied three or four pages bodily, and "left no sign" as to where it came from. The *Saturday Evening Post*, a veteran paper of whose pages there are many, over fifty years, who have pleasant memories, will take an article, cut it up into giblets, and scatter it all over its pages. See our April issue about Baldness, etc. The *New-York Traveller*, in which friend Ropes manages to twine in so many good pieces, takes our Health Tract on "Vermin Rid-dance," heads it "Things that Bite and Sting," and by giving no credit makes his readers believe that he believes we write so nearly as well as he does, that they can't tell the difference; and in the same issue he gives more than two other pages of matter from our JOURNAL, which, though not our own, and given as an illustration of our idea what true mental recreation was, would have afforded an easy opportunity of referring to us in a friendly way. But that is not the way that the *Home Journal* of Morris and Willis, (grown increasingly valuable and instructive of late,)

and the *Scientific American* of this city do things. See how openly and above-board the latter prefaces three or four columns of extracts from our April No. on House-keeping, Whitewashes, Who are to Fight, etc. But it is a way which Munn & Co. have, open, manly, honorable, extending alike to the whole range of their business matters, whether as to their paper or their admirable and prompt manner of obtaining patents for the ingenious and the gifted, as thousands of inventors will testify. "There is no periodical on the list of our exchanges that we welcome more warmly than HALL'S JOURNAL OF HEALTH. Our readers are indebted to it for many interesting and valuable suggestions regarding their moral and physical health, and also matters relating to domestic economy, which we from time to time extract from its pages. The articles are always well written and convey the author's ideas lucidly and forcibly. We commend the above-named periodical to all persons desiring to obtain useful knowledge at a very low rate. Dr. Hall is doing a lasting good by disseminating valuable information in a proper form."

PRACTICAL INFERENCE—It is such a nice thing to do right, to do things "on the square," as poor Dan Marble said he had tried to do, when he was just dying of cholera; that we wonder every body don't do it, just for the love of it; besides, it's most sure to prove profitable pecuniarily sooner or later; and in this case sooner, for we were so pleased with the candid spirit of the writer, we said to a friend, "Munn & Co.'s a good fellow, give him ten dollars' worth of advertising," and he did! For be it known, that persons not only come to the Editor of the JOURNAL OF HEALTH to get advice as to how they are to get well or keep well, but as to who and when they ought to marry, what kind of business they should go into, how they are to get employment, but also what is the best paper to advertise in. We have generally said, if you want to get the ear of the intelligent and thinking, advertise in the *Scientific American*. If you want to reach the rich and refined, those who have taste and cultivation, go to the *Home Journal*; if you want to reach the solidly good families who are religious from principle, take *The Presbyterian* of Philadelphia or the *Christian Intelligencer* of New-York City. If you want to reach active, live, working Christians, spread yourself out in the columns of the *Evangelist*. If you desire to secure the attention of every-thing-arians whose mental and pecuniary acquisitions are generally on a par with — "Nary a red," then take the *New-York Weekly*—ahem! how do you spell it? If our exchanges are not more particular in giving us proper credit, the result will be, that whenever the public sees any thing in a newspaper, really good, practical, succinct and plain, without a name, they will take it for granted that it is from HALL'S JOURNAL OF HEALTH.

COUNTRY MILK, pure and fresh, is a matter literally of vital importance to city families, especially in summer, and where there are young children; and every parent should make it an object of specific personal inquiry and investigation, as to where pure, rich, fresh milk can be had; this is done with the utmost certainty, promptness, and regularity under the auspices of G. W. Canfield, Esq., at 146 Tenth street, near Broadway, and at the lowest price, as we personally know, after a four years' most satisfactory experience.

FIRE ON THE HEARTH,

—AND—

Furnace Heat Dispensed With.

“A hard coal fire, burning fiercely, flat on the hearth, on a level with the floor warming the feet delightfully, with an oval fireplace nearly three feet across, with no visible blower, very little dust, and absolutely no gas; the ashes need removing but once a year, while by the extra heat, pure air direct from out doors, is conveyed to an upper room, without the possibility of meeting with any red hot metallic surface, or with any corrupting source whatever—it is simply pure air warmed. A Philadelphia correspondent who has used one of these low-down grates in a room eighteen feet square, for six years, says: “I have never known a day that the fire made in the morning was not equal to the day, no matter what the temperature was outside.”

To those who dislike furnace heat, and who wish to have at least one room in the house where there are absolutely all the advantages of a wood fire—the oxygen which supplies the fire being supplied from the cellar, and not from the room itself—this open, low down, air-tight, easily regulated grate, or rather, fireplace, with its large broad bed of burning coals, or flaming Kentucky or Liverpool cannel, will be a great desideratum. No one who has a wise regard for the comfort, cheerfulness and health of a family of children, should be without one for a single day. One can be put in at any season of the year, in two days, at an expense of from thirty to fifty dollars according to the size. This Patent Parlor Grate consumes about the same amount of coal as would a common grate, giving out however, as is supposed, near one-third more heat—the soft, delicious heat of an old fashioned wood fire—the oxygen being supplied from without,) as any gentleman or lady is invited to see, any cold day, at our office, 42 Irving Place, New York.”—*Hall's Journal of Health*, for Dec., 1859.

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THE PHONOPHORUS, OR CONDUCTOR OF SOUND, AS USED IN CHURCHES.

We take pleasure in calling your attention to the above-named instrument for the transmission of sound; it is one of the latest and most successful triumphs of the inventive power which characterizes the age, and to that large class of the community afflicted with DEAFNESS, of pre-eminent, practical, and efficient utility, in relieving that disability.

Indeed, so comprehensive may its application be made, as to overcome the difficulty of hearing every ordinary tone of voice enunciated by the speaker, in the remotest part of the largest Churches, Public Halls, Lecture-Rooms, and Auditoriums of every size.

The philosophical principles which its operation involves, are so simple and clear, that to those at all familiar with the science of Acoustics, it is sufficient to say that by the peculiar construction of the "Phonophorus," the vibrations of the atmosphere within the instrument are made more intense than those on the surrounding air and of consequent additional potency on the tympanum of the ear.

Yet to others it may be well to state, that in every instance where its merits have been practically tested, it has, without an exception, imparted universal satisfaction.

Among others of like character, the First Baptist Church of New-Brunswick, N. J., (Rev. M. S. Riddell, Pastor,) the Presbyterian Church, corner of Fifth Avenue and Nineteenth street, New-York, (Rev. Dr. Rice, Pastor,) the Mercer-Street Presbyterian Church, New-York, (Rev. R. R. Booth, Pastor,) and the McDougal-Street Baptist Church, New-York, (Rev. D. Dunbar, Pastor,) have this instrument in successful operation, and those whose affliction it triumphantly relieves, as well as the intelligent observers of all classes, whose attention has been directed to the subject, are uniform in the recognition of its claims to the merit of great practical utility.

Where the "Phonophorus" is used, there is no necessity even for the DEAF to absent themselves from a single intellectual advantage offered by social assemblies.

Its adaptability to the PRIVATE DWELLING, the PUBLIC DRAWING-ROOM, to CHURCHES, LEGISLATIVE HALLS, COURTS OF JUSTICE, CONCERT and LECTURE-ROOMS—in fine, to every place where the organs of speech and hearing are called into requisition, is such, that the invaluable attributes of this Conductor of Sound may be made available to any requisite extent, to all such uses.

The readiness with which the instrument may be introduced into Churches and other public buildings, not only without marring in the least their present internal arrangement, but in fact as an accessory in the matter of ornamentation, relieves the subject of every objection that can be urged in this particular.

Not the least important of the purposes which the PHONOPHORUS is eminently calculated to promote, may be exemplified by a use of the instrument in a private *TETE-A-TETE*, to which it may be adapted with complete success, when a conversation between individuals (though one be deaf,) may be carried on in an ordinary tone of voice with the greatest ease and facility.

Should there be any deaf persons in your vicinity or among your acquaintances, you would confer a favor on us and on them also, by sending us their names and Post-Office addresses. Among the testimonials received from Clergymen and others, are the following:

TESTIMONIALS.

NEW-BRUNSWICK, June 14th, 1862.

Some two years since, the First Baptist Church of New-Brunswick, N. J., introduced into their house of worship, an instrument invented by Mr. DAVID D. STELLE, called a PHONOPHORUS or CONDUCTOR OF SOUND; the design of which is to enable the deaf to hear and join in the ordinary week-day and Sabbath services of the Church. The instrument has been well tested and has proved a success. The principle of its construction is scientifically correct, and can do no harm to the ear whatever. I hesitate not to say that unless the tympanum of the ear be destroyed, sound and words uttered in an ordinary tone of voice can be distinctly heard. It is hailed by some among my people, who, by defective hearing, have for years been precluded the privilege of public worship, as a real benefaction. Therefore I would express my commendation of an invention which, for the time being, restores to such, "that sweet gift of our Heavenly Father," the sense of hearing. The answering and gratified look of those who for years have considered themselves hopelessly deaf, as they have joined in worship with others, must be my apology for penning this commendatory notice.

M. S. RIDDELL, Pastor of First Baptist Church, New-Brunswick, N. J.

NEW-YORK, June 5th, 1862.

DAVID D. STELLE, Esq.: DEAR SIR: I cordially testify to the entire success of your apparatus as applied to my Church. It gives me no inconvenience and enables those who use it in the pews to hear every word without effort. I regard it as a great advantage to those who are infirm in hearing, and shall be glad to know that it is in general use. Yours, truly,

ROBERT R. BOOTH, Pastor of the Mercer-Street Presbyterian Church, New-York.

NEW-YORK, June 16th, 1862.

D. D. STELLE, Esq.: DEAR SIR: It affords me pleasure to certify to the great benefit derived by several of my congregation from the use of your PHONOPHORUS or CONDUCTOR OF SOUND. It is now a year and a half since it was introduced into my Church, and it continues to work admirably; enabling those who, on account of deafness, were before unable to enjoy the privileges of the Sanctuary, to hear every word from the pulpit clearly and distinctly. I have no doubt that ere long it will be in every Church in the land; that not only the poor, but the deaf also, may have the Gospel preached to them.

DUNCAN DUNBAR, Pastor of McDougal-Street Church.

NEW-YORK, June 3d, 1862.

Mr. DAVID D. STELLE: DEAR SIR: The name "Phonophorus," or "Sound-Bearer," which you have given to your instrument, is very appropriate. In the instances where I have known it to be introduced in Churches, it has answered admirably the purposes for which it was recommended, and enabled persons to hear the sermon with distinctness and ease, who had for years been deprived by their deafness from the enjoyment of public religious exercises. Yours truly,

O. BRONSON, M.D.

NEW-YORK, June 6th, 1862.

Messrs. D. D. STELLE & Co., 346 Broadway: GENTLEMEN: At your request, I very cheerfully state that the "Conductor of Sound," which you have put up for me in Dr. Rice's Church, on the Fifth Avenue, has been perfectly successful. Without it I heard almost all speakers very imperfectly, and some not at all—with its assistance, I can without difficulty hear every word spoken from the pulpit. Yours respectfully,

RICHARD IRVIN.

For further information in regard to the above, please call on or address

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BALEFULNESS OF SMALL AND CROWDED CHAMBERS.

IMPORTANCE OF SOUND, CONNECTED, SUFFICIENT SLEEP

HOW TO SECURE IT TO NURSING MOTHERS.

DO. TO INFANTS AT NIGHT.

SLEEPLESSNESS, ITS PREVENTION AND CURE.

IMPORTANCE OF FULL SLEEP TO GROWING CHILDREN.

DO. TO THOSE AT SCHOOL.

DEBILITIES, NERVOUSNESS, ETC., FROM THIS AND OTHER CAUSES.

CURE AND PREVENTION OF.

AMOUNT OF SLEEP NEEDED.

CHAMBERS SHOULD BE LIGHT, AIRY, HIGH, AND DRY.

SINGLE BEDS, CROWDED CHAMBERS, ETC., ETC.

See book on "SLEEP," 336 pages, 12mo, \$1.25; or by mail, \$1.40. By Dr. W. W. Hall, 42 Irving Place, New-York, Editor of "HALL'S JOURNAL OF HEALTH," \$1 a year. Author of "BRONCHITIS AND KINDRED DISEASES," "CONSUMPTION," "HEALTH AND DISEASE," each \$1, or \$1.15 by mail. Also of "SOLDIER HEALTH," 25 cents; "HEALTH TRACTS," 30 cents.

"Rectal Diseases, Fistulas, Strictures, &c.,"

Giving their nature, seat, cause, symptoms, consequences and prevention, by WILLIAM BODENHAMER, M. D.

Of Dr. B. and his practice,

Rev. N. L. Rice, D. D., says in the St. Louis Presbyterian of August 21, 1856 :

Attention is respectfully invited to the card of this gentleman in another part of this paper. The following is from the "Louisville Journal" of December 11th, 1855. We have the very best reasons for adding our favorable testimony.

DR. BODENHAMER—The card of this distinguished physician, who has been for above two years past in New York, is in our columns, and we desire to call attention to it. Dr. B. resided for a number of years in Louisville, and in New Orleans, but is now established in New York permanently.

Dr. B. in his peculiar department of practice, has no living rival. He has devoted about eighteen years almost exclusively to the medical and surgical treatment of the diseases of the lower bowel, such as piles, fistula, fissure, falling of the bowel, &c., diseases which are most painful and distressing in their nature, and from which, as the most experienced physicians can testify, not one fourth of our adult population are free. The successful treatment of these diseases is difficult under the most favorable circumstances, but B.'s success has uniformly been most extraordinary—utterly without parallel in this or any other country. This success has been the result, in part of his peculiar method, but more especially of his having devoted so many years exclusively to the treatment of a single class of disease. Patients are continually flocking to him from distances of five hundred and a thousand miles, and never in vain.

The peculiarities of Dr. Bodenhamer's treatment, are, that it gives scarcely any pain whatever, that a radical, a perfect cure is effected with certainty, without the slightest danger, and in a very short time, and that his patients are always able to attend to their business, never being confined to their beds or their rooms nor prevented from freely exercising or moving about wherever they please, by either pain or complicated dressing. Dr. B. is of the old school of physicians, and has no concealments as to his practice; he cordially invites all physicians and others, who may feel an interest in the matter, to call and learn for themselves what his treatment is.

We ought to add that Dr. B. is a most kind-hearted and just man, who will never make an improper charge against a patient.

The new Orleans *Crescent* of February 25th, 1855, says :

Dr. B. is well known in the South and South-west as having devoted a number of years to the study and treatment of the diseases named in this card. It is admitted that where the mind is wholly devoted to any one object, with talent and perseverance, excellence must ultimately be attained. The Doctor has truly invaded this difficult and disagreeable province of surgery, and made it his own by conquest. The diseases affecting the rectum and contiguous parts, such as piles, fistulas, abscesses, &c., are far and wide spread, and the surgeon who can devise a system of effectual prevention and cure to these tormenting visitations, often fatal in their results, will deserve the thanks of the community at large.

Hall's Journal of Health, says :

"For nineteen years we have been an observer of the success of Dr. B.'s practice. Some of our old associates and friends and fellow citizens, who were afflicted with these diseases, in their most aggravated and painful forms, were, to our personal knowledge, cured over fifteen years ago, remained cured, and are well up to this day. It is a scientific book, by an educated physician, who writes from the personal observation and experience of twenty-five years on a single class of diseases. In skill and success Dr. B. has no superior living. In saying this, we say much, but no more than we believe to be due. The object of the book is threefold :

To detail the symptom of the disease :

To give instruction as to their prevention :

To give information where they may be treated.

We advise those who suffer with these ailments to purchase the book and then decide for themselves whether they will apply to the author or not."

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

JUNE, 1863.

[No. 6.]

SURGICAL DISEASES.

EXTERNAL PILES

are tumors at the edge of the anus, covered with skin and mucous membrane; they are external to the muscle which closes the anus, and are called

BLIND PILES,

because they do not bleed. Whatever interferes with the circulation of the blood about the parts causes piles; fullness and tension of the abdominal vessels does the same thing. The most common cause of piles is constipation, liver diseases, and pregnancy; at least these used to be the most common causes, but of late years the ailment has been most frightfully aggravated in character, and increased in numbers, by the indiscreet use of aperient and purgative medicines, whether in the shape of pills, or waters from celebrated springs, or other liquids.

Worms are also a cause of piles. Piles may be indolent or inflamed. When indolent, their inconvenience results from their size and situation, and the pain arising from their coming within the grip of the sphincter muscle, that which closes the lower bowel after defecation. When inflamed they occasion pain, heat, itching, fullness, and a feeling of tension, a feeling as if there was something to come away, and yet it can not be made to do so. These and other symptoms may be complicated with inflammation of the bladder, pain in the thighs, back, etc.; sometimes it is an aching feeling, and there are mucous discharges. The skillful surgeon feels himself perfectly at home in all these ailments, and affords speedy and most grateful relief and permanent and perfect cure, when of comparatively recent

origin; but when they have been long neglected, and there are marked inflammatory symptoms, a cure is effected in one or two ways, either by applications to the surface or by ligature. Piles should not be cut or removed with the knife. The long continuance of piles is always destructive of health, and invariably shortens life, making it meanwhile, in a great many cases, a torture and a burden.

WARTS,

and other excrescences about the anus, are usually removed by external applications.

FISTULA IN ANO

Is an ulcerated canal in the neighborhood of the anus, and is the result of an abscess or injury to the parts implicated. The fistula gives rise to soreness, is continually discharging blood and matter, and never gets well of itself, because the muscles of the parts are too incessantly in action to permit any healing process, and besides, foecal matter is constantly passing over the sore. All palliative treatment further than perfect cleanliness is worse than useless, because valuable time is lost. Drugs injure the general health without having the slightest possible good effect on the fistula itself. The continued existence of a fistula in these parts always undermines the constitution, destroys all mental and moral comfort, and finally life itself. The usual remedy is the knife. It can be cured without this violence, and more certainly. Cases are on record where the evil remained after fifteen and even twenty-one cuttings with the knife. The other method is perfectly safe, always efficient, and without suffering.

ANAL FISSURE

And excoriations thereabouts cause the most intolerable sufferings during evacuations; there is often intense and constant itching. It requires the most practiced eye to detect the immediate nature and causes of these affections; but when determined, the appropriate external applications effectually and speedily remove the trouble. Last year, a citizen called, who had literally scratched holes in his flesh in his endeavor to relieve intolerable itching. He had been taking and using every thing he could hear of as even likely to avail, without the slightest given effect. He was cured within a fortnight.

PROLAPLUS ANI

Is a reversion of the lower bowel and its protrusion, very much as in the pulling of a purse, or rather, the lining of a purse inside out. This is caused by a defect in the structure itself, or through violent strainings, as a result of piles, stricture, etc. The skillful physician is at no loss in giving immediate relief, and then takes effectual measures to prevent a return of the malady.

STRICTURE OF THE RECTUM

Is caused by a thickening of its coats and a consequent diminution of the size of the canal. As it may be accompanied by some malignant disease, professional advice should be promptly sought in all cases.

STRICTURE OF THE URETHRA

Is the contraction caused by inflammation. The commencement of stricture gives rise commonly to the following symptoms — a frequent desire to urinate, accompanied with uneasy sensations; a few drops remain after urination, and subsequently dribble away; the stream of water is smaller than usual, and is forked, scattered, or twisted; longer time and greater efforts are required to pass water; itching and gleety discharges are occasional concomitants. The inroads of stricture are most insidious. Sometimes for years the patient may not feel any special uneasiness, but at length the urethra diameter becomes so small as scarcely to allow the passage of any urine except in drops, and even that by hard straining. Ultimately the most disastrous consequences take place; fistulous openings occur externally, and the most severe surgical operations have to be submitted to, if life enough is left to encounter them. Bodenhamer records a case where several of these openings occurred on the inner portion of the thigh, and these were the only outlets for the urine, which came away in drops day and night. A most horrible state of things, and all the result of a want of a little discreet surgical attention timely given. And a main object of these pages is to induce persons to give a prompt and early attention to the first symptoms of any of these maladies by calling in the very best surgical talent which can be procured.

COFFEE-DRINKING.

UNTIL chemistry has a better claim than it has to be called one of the exact sciences, we had better give its *dicta* a wide birth as to their practical application in reference to food and drink. Some say that coffee is poisonous because it has strychnine in it. Suppose it is granted that there is strychnine in coffee, and that a single grain of strychnine is so poisonous as to destroy life in a few moments, that does not prove that strychnine in coffee is poisonous, because there may be an element in the coffee which would not only nullify the poisonous quality, but render it absolutely safe, healthful, and nutritious. When a concentrated miasm is mingled with the air a man breathes, he will in a few hours sicken and die; but miasm is of such an intangible ærial nature, that chemistry has no test sufficiently delicate to detect its presence. And if, because chemistry can find no poison there, a man persists in breathing it, he will most certainly suffer the gravest consequences. Several chemists who have had a reputation, and have one still, have certified that they have found no material difference between the milk of farm-house cows and those fed mainly on distillery-swill and confined to filthy apartments. It is true they do not tell us by what process they arrived at these conclusions, but the bare fact of their finding no deleterious substances in the milk of cabined, confined, swill-fed milch cows does not prove that no bad quality existed, but simply that they were not able to detect it, while we all know that just as certainly will infants sicken and die who are fed on swill-milk, as men will sicken and die who breathe a miasmatic atmosphere; so that, in practical cases like these, the masses must be guided in their habits by their observation and their common-sense, and let the vagaries of science and scientific men go out to browse and mature, or, in common phrase, "go to grass."

Thus it is with men of confined views, of limited observation, and still less information, who assert with cool confidence that coffee is poisonous, just as if they knew all of any thing, when really they know all of nothing. The truly learned are cautious in their statements; they fear to deal in other than general expressions of opinion, and leave a bridge of retreat.

They are the worst men in the world to deal in sweeping adjectives — “certain,” and “always,” and “never,” with words like them, are not found in their modest vocabulary; “it appears,” “it seems,” “it is probable” are frequent phrases in their conversations and writings. As to the bold assertions that coffee is not healthful, is not nutritious, is poisonous, we must appeal to our general observation. People use it daily, and yet live to threescore and ten. For a hundred years past it is more and more used by all who speak the English language, and yet within the last hundred years the average of civilized life is greater by several years; and the Anglo-Saxon race have increased more rapidly than in any other age. To say that they have done this in spite of the increasing use of coffee, and that its ill effects will begin to be felt before a great while, is nothing more than the impudent assertion of a cornered ignoramus.

A single fact sometimes demonstrates a great truth. Within three years, a party bringing the mails from the Rocky Mountains were overtaken by a snow-storm; and in their official report they stated that for two weeks their *entire* subsistence was a few bags of coffee on which they traveled. Had there been no nutriment in the coffee they must have died. To this the anti-coffee men will reply, “We don’t know that”—nor do they know any thing else. Meanwhile, if some persons will not use coffee, there will be more left for those who do; and as for ourselves, we ask the liberty of being allowed to eat and drink what we like, and we do most cordially allow that liberty to others, and “no questions asked.”

Minute chemical analysis says that the essence of coffee and tea are identical. We believe that both are nutritious and healthful when taken with one restriction as a beverage—never increase it in frequency, strength, or quantity.

PONTING WELL.—An article from the JOURNAL OF HEALTH has been going around all creation for nearly a year, commencing thus lucidly: “A person in good health, in the moderate pursuit of business, does not feel like drinking water, even in summer-time, if not very thirsty.” We would like to know if any body ever felt like drinking water, summer or winter, if not thirsty. See what nonsense a dot and a letter can make a man talk. It should read thus: “Does not feel like drinking water even in summer, is not very thirsty.” Make “if” “is,” and omit comma after “water.”

HEALTH TRACT, No. 144.

"Catching Cold."

A LARGE number of fatal diseases result from taking cold, and often from such slight causes, apparently, as to appear incredible to many. But, although the causes are various, the result is the same, and arises from the violation of a single principle, to wit, cooling off too soon after exercise. Perhaps this may be more practically instructive if individual instances are named, which, in the opinion of those subsequently seeking advice in the various stages of consumption, were the causes of the great misfortune, premising that when a cold is once taken, marvelously slight causes serve to increase it for the first few days—causes which, under ordinary circumstances, even a moderately healthful system would have easily warded off.

Rachel, the tragedienne, increased the cold which ended her life, by insufficient clothing in the cars, in traveling from New-York to Boston; such was her own statement.

The immediate cause of the last illness of Abbott Lawrence, the financier and the philanthropist, was an injudicious change of clothing.

An eminent clergyman got into a cold bed in mid-winter, within fifteen minutes after preaching an earnest discourse; he was instantly chilled, and died within forty-eight hours.

A promising young teacher walked two miles for exercise, and on returning to his room, it being considered too late to light a fire, sat for half an hour reading a book, and before he knew it a chill passed over him. The next day he had spitting of blood, which was the beginning of the end.

A mother sat sewing for her children to a late hour in the night, and noticing that the fire had gone out, she concluded to retire to bed at once; but thinking that she could "finish" in a few minutes, she forgot the passing time, until an hour more had passed, and she found herself "thoroughly chilled," and a month's illness followed to pay for that one hour.

A little cold taken after a public speech in Chicago, so "little" that no attention was paid to it for several days, culminated in the fatal illness of Stephen A. Douglas. It was a slight cold taken in midsummer, resulting in congestion of the lungs, that hurried Elizabeth Barrett Browning to the grave within a week. A vigorous young man laid down on an ice-chest on a warm summer's day, fell asleep, waked up in a chill, which ended in confirmed consumption, of which he died three years later. A man in robust health and in the prime of life began the practice of a cold bath every morning, getting out of bed and standing with his bare feet on a zinc floor during the whole operation; his health soon declined, and ultimately his constitution was entirely undermined.

Many a cold, cough, and consumption are excited into action by pulling off the hat or overcoat as to men, and the bonnet and shawl as to women, immediately on entering the house in winter, after a walk. An interval of at least five or ten minutes should be allowed, for however warm or "close" the apartment may appear on first entering, it will seem much less so at the end of five minutes, if the outer garments remain as they were before entering. Any one who judiciously uses this observation, will find a multifold reward in the course of a lifetime.

RESIGNATION.

ONE of the most instructive articles we have read for a long time on the true meaning, nature, and uses of "resignation," is found in the *Atlantic Monthly* for April, 1863. It is full of a sound philosophy, and we certainly urge our readers, whether old or young, sick or well, fortunate or unfortunate, if they can possibly save twenty-five cents, to procure the number and read and study, and read it again from beginning to end. We have felt the truth of its sentiments a thousand times as a physician. It is said that there is but a step from the sublime to the ridiculous; it is just as true that there is but a step between courage and cowardice in this matter of "resignation;" but that step is the distance between life and death to many an invalid. One man is sick, and laying the blame of it on the Almighty, whines out, "It's the Lord's will," and sits about and lounges and loafs around for weeks and months, waiting to get well. We verily believe that full one half of such people, if not all of them, don't want to get well, for then they would have to get up and do something. There is another class, true men and women, persons of force are they, and capable of great deeds, who shake off sickness, and sloth, and idleness, and a craven submission to the mishaps which may befall them; believing fully that resignation is a grace only when it bows to what can not be helped, and was not brought on by wickedness or the want of wisdom on their part. If calamities come upon us without our fault, and at the same time are clearly beyond removal by any power of our own, then a dignified and submissive resignation is a nobility, which only a great heart can achieve; then there is a sweetness in resignation which pays for all that it cost; for, while bending the knee and bowing the head, the eye looks trustingly upward, and, piercing through the black and threatening cloud, discerns the gladdening sun in the distance, and patiently and piously bides its time. This is that faith in God which sanctifies and raises man to be akin to angels. If a man fails in business, it is not at any time of life a true resignation to give up for the remainder of his days and make no further effort to recover himself, any more than it is a true resignation for a man who gets sick to cry out, "The will of the Lord be done," as if it could be his will to see a child of his suffer,

"For we his offspring are."

He may permit suffering, but he has no agency in bringing it on any creature of his. As long as sickness and trouble are the results of our own wrong-doing, of our yielding to sense and passion and appetite, instead of abandoning ourselves to helplessness under the deceitful plea of a pious resignation, we should heroically shake them off as a viper or as some deadly spell. The mishaps of life are the result of ignorance, carelessness, or wickedness of ourselves or others; we should in every case seek out the specific cause, and if in our ourselves, rectify it, if from the mis-doing of others, endeavor to rectify it also; and if no human efforts can accomplish such a rectification, then, and not till then, is it a true heroism and a sterling piety, a genuine "resignation," to say in loving confidence and hope: "THY WILL BE DONE!"

DYING EASILY.

THE most complicated machinery, if properly made and handled, will work smoothly, easily, and well, until it is worn entirely out, all its parts having been worked equally; but if it had met with constant shocks and jars and strains, or if a stone had been thrown among its wheels, an early or violent disruption of all the parts would have been an inevitable result. Thus is it with the greatest of all mechanisms, the human body, whose builder was Omnipotence; it, too, follows the great law, the more equally and regularly it is worked; the more care is taken of it, the longer will it last; and its ending will come so gently, that it can scarcely be told by the stop-watch at what point of time the workings of life have ceased forever. It is uniformly thus with those who die at an advanced age; and these are they who, either by instinct or reason, or a fortunate induction in early life into habits of regularity and moderation, and quietude and serenity, have prevented the shocks and jolts and jars which, in other cases, have broken up the bodily machinery before it has half worn out. It is the unequal working of single wheels of life which brings premature decay and dreadful, agonizing deaths. To the good man, it is distinctly promised: "Thou shalt come to thy grave in a full age, like as a shock of corn cometh in, in his season." Not so the glutton, who taxes his stomach to its highest capacity; not so with the effeminate, who deprives the body of its wonted exercise, and thus puts a clog on its wheels, while the involuntary organs, those over which he has no direct control, work on in their natural rapidity; not so with the licentious, who run riot in their abandonment to animal appetite; these all die before their time, and their last sickness is painful and long, extending through weeks and months and weary years. But the very old are passing away from us all the time, of whom it is said, they were apparently as well as ever the day, and even the hour, before they died, and life went out as gently as the failing embers on the hearth. The genial and kindly-remembered "Laurie Todd," (Grant Thorburn,) a model of temperance, regularity, cheeriness, and industry, was standing by the fire in pleasant conversation with his worthy wife one minute, and in almost the next, he had passed on to his great account. His widow wrote to us a few days after his peaceful departure: "I do thank you especially for the March number; the testimony of the wise and good to the piety and virtue of dear Grant being just like a cordial to me in my hour of sorrow. He went out to see the thermometer, with his glasses on, forgetting I had sent it away the day before, for a little repair. The last words he said were, 'No danger,' alluding to my caution that he would burn his coat, as he was standing by the fire; the last words he ever wrote, 'lay down and went to sleep,' only thirty-six hours before his decease. So it may be said of him, that he wrote to the last; although he could not see to read for the last two or three years of his life. I never heard him murmur or complain. He viewed the hand of God in every event of life. He was a great admirer of Washington, and his last conversation was of his funeral-procession in New-York, on the last day of 1799. His mind was clear, his voice so strong, that I little thought what the morrow would bring forth. God bless you, Dr. Hall, and may you and I, and all our dear friends, meet around the Throne. Thine sincerely, M. C. THORBURN." N. B. He died aged ninety-one years.

Thus, peacefully, quietly, without pain, do the aged and the good, who have lived temperately, industriously, and genially, almost always pass away. Let us, reader, live as they, that our end may be like theirs!

ABUSE OF PURGATIVE MEDICINE.

DR. BODENHAMER, in his valuable work on the Diseases of the Rectum, makes the following remarks in reference to an often and serious cause of such maladies :

"The abuse of purgative medicine is, at the present day, a frequent cause of anal and rectal diseases. The idea that it is either necessary to obviate constipation of the bowels, or on every slight indisposition to swallow some of the numerous and various purgative nostrums which literally fill the shelves of our drug-stores, is a popular error, and a source of incalculable mischief. It has laid the foundation of some of the most serious diseases of the lower viscera. The habitual use of such medicines to obviate constipation, I repeat, is the cause of more diseases of the anal region than any other one cause that has come under my observation. I have ascertained to a certainty, that in a very large number of the cases I treat for such diseases, the cause can distinctly be traced to this origin.

"The continued exhibition of such medicines, inflicts much reckless and unnecessary injury, by the undue and pernicious excitement of the whole intestinal canal which is thus induced, and all for the purpose merely of emptying the rectum and forcing the dilatation of the anus, which, after all, are accomplished at the expense of the intestinal fluids and the softening and the washing out of the excrementitious matters. In all such cases, a proper attention to diet, to exercise, and to the occasional use of an enema of cold water, or flaxseed tea, would obviate the difficulty without inflicting any injury whatever. It is, however, by no means easy to convince some people that such medicine can not safely be made use of as a substitute for moderation in diet, for pure air, and the proper exercise of the whole muscular system—in short, for all the *natural* measures which long experience has shown to be necessary for the preservation of health. They sometimes experience much relief, much comfort from the operation of the medicine, especially after having suffered for several days from constipation ; but this immunity from discomfort is but transitory and deceptive. The same difficulty soon returns with increased force, and the same remedy must again be resorted to, and in order to produce the same effect, must either be increased in quantity or in strength at each

repetition. It is the pleasant feeling, or the exhilaration which is often experienced by this class of invalids immediately after the free operation of purgative medicine, which induces them to repeat the same on each and every recurrence of the constipation or indisposition."

"A few years ago," says Quain, in his work on Diseases of the Rectum, "a case came to my knowledge which will serve to illustrate the baneful influence of the habit of using purgative medicine. The commander of a merchant-vessel, a person of robust frame and much ability in his profession, began to take Morrison's pills to relieve constipation of the bowels at sea. Continuing the use of the medicine, he became in time reduced to extreme debility from constant purging. At length the appetite grew by what it fed on, to such an extent, that when confined to his bed from mere weakness, and unable to swallow the pills whole, the unhappy man had them bruised in a mortar, and took them with a spoon. He died of the drug."

Dr. J. B. Flint of Louisville, Ky., says that "Nothing has been more remarkable in my surgical experience in the West, than the disproportioned frequency of diseases of the rectum and adjacent textures—fistula, piles, prolapsus, etc.—and I advert to the fact chiefly for the purpose of adding a cautioning remark respecting the causes of it. Doubtless it is partly to be referred to the chafing and contusions incident to horseback-riding, which is a much more common mode of traveling here than at the East; but it is mainly attributable to the habit of indiscriminate and excessive purgation, so prevalent both as a remedial and prophylactic measure.

"A large portion of the practitioners of the valley of the Mississippi have been educated under a system of medicine whose theory regards portal congestion and hepatic derangement, as the essential elements of all diseases, and whose practice consists, almost exclusively, in the exhibition of drastic purgatives. It is natural that the people should imitate the therapeutics of their medical advisers, when so simple and easily applied; accordingly they are as much in the habit of drenching themselves and teasing the alimentary canal, on every occasion of illness, with some concentrated purgative in the form of pills.

"Under one of the most constant laws of irritation in mucous canals, the terminating portions of the apparatus of defecation

are thus perpetually suffering under propagated, as well as direct stimulation, and reacts in the various forms of disease under notice. Besides these direct mischiefs and others, involving the health in other ways, occasioned by the pernicious doctrines referred to—which are indeed in themselves essentially empirical—they encourage the grossest species of quackery by promoting the consumption of vast quantities of patent pills and other purgative nostrums.

“Several years since, a gentleman from one of the Southern States consulted me for a *fistula in ano* which caused him much suffering. He stated that for a year or two previous to the formation of the fistula, he could never have an evacuation from his bowels without swallowing great quantities of Brandreth’s pills; that he frequently took as many as thirty and forty at one dose; ‘and,’ said he, ‘when they did commence to *work*, they operated like a *saw-mill*.’ This is but one example out of hundreds that I might give to demonstrate the injurious effects of this pernicious practice.

“The motto of most all the quacks of the present day for the cure of all diseases, is **PHYSIC! PHYSIC!! PHYSIC!!!** Purgative medicines are good in their proper place, but to purge for every thing is absolutely absurd; therefore all such purgative nostrums, in the form either of *pills, bitters, mineral waters*, or any thing else, should be eschewed as the cholera.

“Nearly all the nostrums or patent-right medicines which now fill the shelves of our drug-shops are founded by their authors upon the principle that *disease is a unit*; that there is but *one general cause* of disease, and but *one general remedy*, and that is always certain to be their own infallible and peculiar one; hence their *panaceas, blood-purifiers, elixirs of life*, etc., in the form of *pills, bitters, sarsaparilla syrups*, etc., etc. It is surprising how popular this theory is among the masses, and even among physicians. Those minds which are but superficially informed and unaccustomed to the slow and gradual progress of inductive science are readily seduced and captivated by the reasoning of those who advocate this pernicious system; and this, after all, is not so much to be wondered at, when we take into consideration the great apparent simplicity of their views of disease—that it is nothing more nor less than ‘*impurity of the blood, venous congestion*,’ or some other equally fallacious

dogma; and their practice, too, being so simple that it can be summed up in as many letters or words as will make up the name of one of their own nostrums.

"The mischievous system, founded upon the principle of the unity of disease and the unity of remedy, is now advocated and adopted by quacks of all grades, both in as well as out of the profession, and is the great giant that prostrates at once all *medical colleges*, with the head-aching studies of *anatomy, physiology, botany, pharmacology, chemistry*, etc. It closes all the avenues to progress, and is the burial-ground of all improvement in the noble and dignified science of medicine."

IN MEMORIAM.

MORE than thirty years ago, we had a neighbor in the far, far West, on the banks of the turbid Missouri, when St. Louis itself did not number seven thousand inhabitants. He was a man of culture, refinement, and an elevation of character which commanded the respect and deference of all who knew him. Even then "gray hairs were upon him," and in his face were those lines of firmness of purpose, of past care and responsibility, which carried with them an air of authority; and yet every thing about him indicated the polished gentleman; and in the course of time these characteristics, modified by the benign influences of the Christian religion, grew into so much that was kind and loving and benignant, that we can not resist the inclination to tell the story of his life to our readers, in the hope that those of them who are young may pattern after his firmness of purpose, his integrity, his temperate life, and, like him, live to a thankful old age; for, writing on his seventieth birthday, he says:

"I am certainly becoming more and more infirm of body, from the effects of advancing age. However this may be, sure I am that God hath dealt with me through the past year, as well as through *all* my past life, in great mercy and kindness; spiritually, I do hope more than ever before; temporally, without any diminution of former allowances of comfort and abundance. Altogether, I may truly say, and I *do* say, 'my cup runneth over.' O Lord! give me grace to respond with becoming

gratitude to thee for all thy favors so largely conferred on thy unworthy servant, my family and household, and constrain me to live out my earthly pilgrimage consistently with my obligations of love and duty to thee, and consistently with what I well know to be for my true happiness, here and forever. I humbly ask this, my Father, for my Redeemer's sake."

As he grew older, the kindliness of his nature grew upon him, and his whole heart was set on devising some method by which he could, in the largest way, according to his means, benefit those who might come after him. The plan which seemed most feasible for him, was founding an institution of learning, the nature of which is indicated in an extract from the deed conveying one hundred and twenty acres of land adjoining a large and thriving town, for the endowment of Lindenwood Female College, executed July the fourth, 1856:

"The Lindenwood Female College is to be set up and established on a large and liberal plan, and on a lasting foundation, to consist of primary, high, and normal schools, with a domestic and boarding department connected therewith. It is to supply, at as low charges as practicable, ample facilities for female education in the best sense [meaning] of the term, the proper development and cultivation of the intellectual, moral, and physical faculties. It is to present a school or schools wherein female youth, given in baptism to the Redeemer, (not excluding others,) may be properly educated and qualified for the important duties of Christian mothers and school-teachers; wherein the Holy Bible shall always have a prominent place, and be a permanent class-book; in which the whole course of instruction and discipline shall be based on the religion of Jesus Christ, as held and taught in the Confession of Faith and Catechisms of the Presbyterian Church in the United States of America, adopted by the General Assembly of said Church in the year 1821. In fine, to supply schools adapted to qualify the pupils not only to enjoy the rational pleasures of life as accountable beings, but to become enlightened, accomplished, and useful members of society; to discharge with ease and grace the peculiar duties of the sex in all their various relations; also, so to convey and adapt instruction appropriately, as to give a decidedly *national* bias to the youthful mind."

The place known as "Lindenwood," near St. Charles, Mis-

souri, was purchased by the donor upward of fifty years ago, being all that was left of a large tract of landed estate owned by him previous to becoming security for two young men who had been his clerks in the Indian Department, by which he became indebted to the Government to the amount of twenty thousand dollars, to pay which he surrendered all his property; Lindenwood was the surplus. He was upward of twenty years in the Indian Department, and as Commissioner to open and survey the road from the then western boundary of the United States to Santa Fé, in New-Mexico. He then retired to Lindenwood and erected a log-cabin in 1828, under the shade of the noble Linden trees which flourished there; and there he lived when we first met him and his noble wife in 1832; and there he continued to live until 1859, when the homestead was given up for the use of the "Lindenwood College," which was commenced in 1830 as a small school in a log-cabin, by the wife, whose pupils were chiefly composed of her sisters, nieces, and a few children of her intimate friends. There were soon more applications than the log-cabin would accommodate. An addition was then built: teachers from the East were employed, and the Institution continued, with varying success, until it passed into other hands in the shape of a regularly organized college.

It will, no doubt, have been anticipated by the reader that such a character as has been described must have descended from the sterling old Puritan stock of the May-Flower days; and so it was, for George Champlin Sibley, of Lindenwood,* Missouri, farmer, was born in Great Barrington, Berkshire county, Massachusetts, on Monday morning, the first day of April, 1782, and died January 31st, 1863, aged eighty-one years. His father was the late Dr. John Sibley, of Natchitoches, Louisiana, and the third of the fifteen children of Colonel Timothy Sibley, of Sutton, Massachusetts, who was the fifth son of John Sibley, of Salem, who died in 1754, aged ninety-five, who was the eldest son of John Sibley, a native of England, who,

* It may as well be stated here that this beautiful place received, most appropriately, its present name long before Mr. Van Buren's Lindenwald was known. It was so called simply for the reason that numerous clumps of the Linden, strikingly large and beautiful, are the natural forest growth of the spot now occupied by the homestead, and are carefully preserved.

with his brother Ebenezer, came to America in 1640, and settled in or near Salem. The brothers were of the Friends, and adherents of Oliver Cromwell, John Hampden, John Pym, and held religious and political opinions and views very decidedly of the Puritanic and anti-despotic parties of the day. It was to escape from the intolerant government and cruel policy of Charles the Fifth and Archbishop Laud, that they left their native land to seek an asylum from civil and religious oppression in the new settlements of "North-Virginia," now better known as "New-England." They and their associates were actuated and impelled by the same true and lofty principles of liberty and right that freighted the May-Flower in 1620. John, of England, died in 1710, aged ninety-six; Colonel Timothy Sibley, it should be noted, died in Sutton in 1819, aged ninety-two.

The mother of George C. was Elizabeth, the eldest daughter of the late Rev. Samuel Hopkins, D.D., of Newport, Rhode Island, who, as it is recorded, "was the direct lineal descendant of Stephen Hopkins, one of the blessed men who landed at Plymouth in December, 1620." Thus it appears that the subject of this memoir inherited Puritan blood through both lines of his parentage; and this he has ever claimed, together with the legitimate concomitant principles in their fullest sense.

Dr. John Sibley entered the Revolutionary army in the medical staff in 1777, being then scarcely "of age," in which capacity he served throughout the struggle with unflinching fidelity and zeal. He married Elizabeth Hopkins at Great Barrington in 1780. Two sons were the issue, George Champlin and Samuel Hopkins; the latter was born at Newport, 16th April, 1784; died at Natchitoches, Louisiana, 17th November, 1823, leaving a widow and four children, two sons and two daughters. Of those children two only are now living—Elizabeth, the wife of Colonel Francis Lee, U.S.A., and Major Henry Hopkins Sibley, also of the army; these both served under General Scott in the late war with Mexico, and were both breveted (Colonel L. twice) for brilliant and meritorious services.

As soon after the close of the Revolutionary contest as he could arrange his private affairs, Dr. Sibley settled in Fayetteville, North-Carolina, with his family, in the practice of his profession. On the 25th October, 1790, his wife Elizabeth died. This sad bereavement fell heavily on the Doctor and his two

little sons, one nine, the other seven years old. Mrs. Elizabeth Hopkins Sibley was, in the truest sense, an accomplished lady — an accomplished *Christian* lady — and was such a wife and mother as very few have ever excelled. . . . Dr. Sibley continued to reside in Fayetteville till soon after the acquisition of Louisiana, when he removed to Natchitoches, on the Red River, at which place he died 8th April, 1837, in the eightieth year of his age.

From a long obituary that appeared in the *Natchitoches Herald* of the 13th April, 1837, the quotation of a few paragraphs may be here allowed :

“At different periods of his life, Dr. Sibley was intrusted (unsolicited by him) with delicate and important duties by the General and State Governments, and also by the voters of the Senatorial district in which he resided ; and never have we heard expressed the least dissatisfaction as to the discharge of those duties. His death will be long and deeply lamented here. Our town has lost its chief ornament, the aged have lost a cheerful companion, the young an excellent example of what a gentleman should be, and the poor a friend whose ear was never shut against a tale of distress, who ever sympathized with them in their sufferings, and whose purse was ever open to relieve the destitute.

“In private life Dr. Sibley was a devoted husband, a tender parent, a warm and faithful friend — of unblemished integrity, of lofty and honorable sentiments — affable in his manners, easy of access to those who sought advice and instruction. He was gifted with rare colloquial powers, and was enabled (enriched as was his mind with the experience, observation, and carefully hived learning of a long and well-spent life) not only to give zest to the pleasures of rational conversation, but to impart much curious and valuable knowledge to be derived from no other source.”

The education proper of Major Sibley commenced practically almost in his babyhood, though his “school-days” were not ended till he had nearly attained his nineteenth year. At the feet of his pious Christian mother, lessons were taught and impressed that neither time nor eternity can eradicate. Such lessons, from such lips, at such an age, are invaluable. They may sometimes, in the bustle of life, be more or less unheeded for a

time, but their legitimate office is, to give the true, reliable stamina to character, and they seldom fail to do so.

When the good and the gifted die, especially in a serene old age, as Major Sibley did, it may be practically useful to look at some of the circumstances which contribute to such results—to wit, a Christian and kindly old age; an old age whose predominating moral quality was that humble, habitual thankfulness toward the GIVER of all good, indicated in the diary extracts quoted above, or as expressed in some of the verses of glorious Isaac Watts:

“Unnumbered comforts to my soul
Thy tender care bestowed,
Before my infant heart conceived
From whom those blessings flowed.”

But a greater blessing than any thousand of life's comforts, is

———“a cheerful heart
That tastes those gifts with joy;”

that acknowledges them; that receives them as Major Sibley did, with a sense of unworthiness, and an all-absorbing gratitude and love.

While the life within was that of sunshine and thanksgiving the physical frame was maturing, as a shock of corn, for the ripeness of immortality—still lingering on the shores of time beyond the age of fourscore years.

Steady force of character, with determination, are of more value toward insuring longevity than a good constitution. Men of “purpose” can live down disease; can live above it, as did the hero of Macaulay's *History of England*, William the Conqueror, who was a wheezing asthmatic all his life, and he died at last by being thrown from his horse.

The dogged determination to accomplish a business for which he was sent is illustrated in the latter part of the following narration, taken from a late *National Intelligencer*, the editor of which was the personal friend of Major Sibley:

“The years of his childhood and youth were spent in North-Carolina, from whence, while yet quite a youth, he was appointed by Mr. Jefferson to an office in the Indian Department, and sent to St. Louis soon after the purchase of Louisiana, and arrived there after Gen. Wilkinson had taken formal possession

of the country as U. S. Military Governor. Not long after this he was sent into the Indian country as Indian Agent and factor. It was at this period that he went out with a hundred Osage warriors, and visited the Grand Saline and Salt Mountain, and explored a region of country which he supposed had never before been seen by the white man. A report of the wonders of nature he there saw has been already published. His many letters written during his Agency to the Government attest his interest in the welfare of the red men of the West, as well as his untiring devotion to the duties of his station. Those duties he performed with honor to himself and satisfaction to his Government. As late as the year 1841 he wrote a long letter to Henry Clay on Indian affairs, which, if the advice therein contained had been heeded, the late dreadful scenes in Minnesota would never have taken place. Soon after he retired from the Indian Department he was appointed one of the three Commissioners to survey and mark out a road from Missouri to New-Mexico. He was the only one of the three who went to Santa Fé, where, and at Taos, he remained a year with the surveyor and party before permission could be obtained from the Mexican Government to survey and mark the road through its territory. This duty, which involved some treaties with the Indians, was performed with his usual zeal and fidelity."

Major S. was a man of strictly temperate habits; for the last twelve years of his life he never took any medicine, nor did he drink any thing stronger than black tea or weak coffee.

Who will deny that quite as much as firmness of purpose and a temperate life, a long and consistent love for the Bible and the practice of its teachings, with a heart steadily feeding on endeavors to promote the welfare of others, have an influence in protecting life to over fourscore years; and, in fact, this is the truest philosophy in connection with that greatly coveted ability of "retiring from business," that while a man ceases to occupy his powers, his experience, his talents in monetary affairs, he should at once begin to employ them in a new direction, with scarcely less energy than when in the whirl and turmoil of the exchange, the counting-room, and the street; in the direction of planning and setting in motion organizations for happyfying and elevating the great brotherhood of man; these bring out the business energies in a new connection, in a con-

nection not where dollars and cents and self-interest harden and contract and defile all that is touched, but a connection which brings into hourly exercise the nobler part of man, his pity for the poor, his sympathy for the wronged, his benevolence toward all. Thus we find Major Sibley consecrating his later years to temperance, to the cause of African colonization, to the spread of the Bible, and to the early and proper education of girls. Says the *National Intelligencer*, "He was a great friend to African colonization;" and it was in this connection that the very day before he died the last effort of his pen was to write and forward an article on slavery to *The Presbyterian*, of Philadelphia, in as fair and beautiful and steady a hand as he would have written at the age of twenty-five. Dying with his harness on, working for humanity to the very last. He was the friend, the promoter and advocate of the Bible cause, having been for many years, and continued to be until his death, President of the St. Charles County Bible Society of Missouri. Major Sibley was also a zealous advocate of Christian education, as is proved by the standing monument, "Lindenwood College," erected (by subscription) on a tract of land which he had owned for nearly fifty years, and on which he lived over thirty years—the most beautiful, the best improved, the most valuable part of which, amounting to one hundred and twenty acres, with the hearty consent of his wife, he gave to the College.

But we are unwilling to close this article without naming another influence which made itself felt for good in forming the whole character of Major S. from early manhood, to wit, from the day he was married, in 1815, to Mary, eldest daughter of Col. Rufus Easton, at that time a delegate to Congress from the Territory of Missouri. They never had any children. For nearly fifty years she was an angel of light to him. She had herself an energy of character of such a firm, steady, Christian consistency of purpose, that in the course of years it won her husband over to embrace the same religion, to feed upon the same hopes of immortality, and to rest on the same foundation-stone upon which she herself grounded all her anticipations of a glorious existence beyond the grave. The means which she used to bring him over to the faith once delivered to the saints, were mainly two, one secret, the other open and known of all

men. Secret prayer, and a life of patient, consistent, unswerving piety *extending through many years*; but glorious fruit came at last! May many of the young gentlemen who read this article be so fortunate as to obtain such a wife as Mary Sibley was; may many a mother from this hour resolve that she will educate her daughters to perform as well the duties of an educated, pious wife.

CONSTIPATION.

DR. WILLIAM BODENHAMER, of New-York, has been more successful in treating those conditions of the lower bowel which require surgical aid than any other physician at home or abroad. The following, taken from his last-published work on those maladies, merits universal practical personal attention:

"Continued care and anxiety of mind are also causes of constipation of the bowels. The great anxiety to which those are subjected who are continually and actively engaged in their business or profession, exerts a powerful influence upon the functions of the alimentary canal; it not only depresses the nervous system, and causes indigestion, but also renders torpid the peristaltic action of the bowels. As a confirmation of the truth of this, as soon as such persons emancipate themselves from the cares and anxieties of their business, by taking an excursion into the country, the mind soon recovers its wonted cheerfulness, the spirits their elasticity, and the bowels their normal function. Indeed, when we take into consideration the contentions, the competitions, and the responsibilities which this class of persons have daily to encounter, especially in large cities, it is a matter of no surprise that they should suffer from languor and depression, from indigestion and from constipation, with all its numerous evil consequences. To be forcibly impressed with the extent of the evils resulting from this cause, it is only necessary to pass along Broadway or the Bowery early in the morning, or late in the evening, and behold the multitude of anxious and careworn countenances which one sees daily at those hours in these two great thoroughfares of New-York. This spectacle will furnish a good commentary upon the *wear and tear* of human life.

"*Sedentary habits*, or the sedentary occupations of life, greatly tend to constipation and inactivity of the bowels — hence men of literary pursuits; or those closely occupied in study, as students, or employed at the desk or counter, as clerks and accountants; or those who are confined to seats, as tailors, seamstresses, milliners, etc., are all extremely liable to suffer greatly from confined bowels. The want of bodily exercise generally lessens the demand for food, weakens the digestive organs, and indigestion and constipation are almost a necessary consequence. Witness the large number of poor young women in New-York who sit and ply the needle from daylight in the morning till ten or eleven o'clock at night, with scarcely intermission enough to take their meals, or to attend to the calls of nature. This employment, so unremitting in exercise, continues from Monday morning to Saturday night '*in one wearying, unvarying sedentary position.*' No class of persons in this metropolis are so deserving of sympathy and commiseration as these poor women. Spirit of Tom Hood, look down upon these '*white slaves*' and pity them. Well didst thou sing:

"O men with children dear!

O men with sisters and wives!

It is not *linen* you're wearing out,

But human creatures' lives!

Stitch, stitch, stitch,

In poverty, hunger and dirt,

And still she sews with a double thread

A shroud as well as a shirt."

"How many sing that '*song of the shirt*' in New-York to-day whilst they sew their shrouds?

"Some of the causes of constipation among the richer and higher classes of people are the modern and irregular hours of society, including late breakfasts, late dinners, and all the long nocturnal pastimes of music and dancing in crowded and heated rooms, etc.; all of which necessarily imply many contraventions and restraints of the laws and of the regular discharge of the functions of nature."

SURGERY NOTICES.

MANY applications are made to us, from time to time, to know where may be obtained safe, skillful and competent surgical aid. In all operations requiring undisputed professional ability, a keen eye, a steady hand and a comprehensive grasp of intellect, we believe there are few superior to Dr. Henry A. Daniels, of New-York City, author of a treatise on the Fifth Pair of Nerves and several other anatomical and surgical monograms; a gentleman of whose professional ability, skill and coöperation, several of the most eminent practitioners in this country have greatly availed themselves, at various times, and of whose success in the removal of tumors, in correcting deformities of face, cheek, lips, eyes, and person; strabismus, (cross-eyes); in rectifying misplacements, curing leucorrhæas, strictures, piles, fistulas, and all important surgical cases, many patients will gladly testify. Any of our readers who will place themselves in the hands of this talented consulting and operating surgeon, may rest assured that whatever a skillful surgery could do for them, will be happily done by Dr. Daniels. A grateful soldier, cured of an injury received in camp, writes from Washington City: "It will always give me great pleasure to testify to Dr. D.'s ability as an operative surgeon." The *New-York Independent*, very chary of its praises, says in its issue of January 22d, 1863: "Doctor H. A. Daniels, late Professor of Surgery in the Pennsylvania Medical Hospital of Philadelphia, but now of 221 Sixth Avenue, New-York, has become justly renowned for skillful and successful treatment of some of the sorest ills 'that flesh is heir to.' Let all who are afflicted with the grievous maladies which it is his peculiar province to cure, and who have suffered at the hands of ignorant pretenders, or by use of vulgar nostrums, lose no time in availing themselves of the advantages which advanced science now holds out to them."

The following notice is copied from the *New-York Independent*:

I insert this testimonial for the purpose of publicly returning my most sincere thanks to Dr. H. A. Daniels, of 221 Sixth Avenue, for his skill in reproducing for me the lower portion of my nose, which I lost by an injury some years ago.

ANNE MURPHY,

547 Eighth Avenue, N. Y.

From the Philadelphia Mercury

SURGICAL OPERATION.—On Thursday last an enormous steatomatous tumor was cut from the back of Mrs. Davis, of Thirteenth street, by H. A. Daniels, M.D.—The wen or sebaceous cyst weighed over four pounds. Dr. Daniels was assisted by Dr. S. Pancoast in the operation, in the presence of A. P. Thomas, M.D., J. S. Longshore, M.D., and Hannah Longshore, M.D. The lady is doing extremely well, and rejoices in the removal of the abnormal difficulty.

From the New-York Herald, Dec. 18, 1862.

I hereby return my thanks to Dr. H. A. Daniels, 221 Sixth Avenue, near Fourteenth street, for skillfully removing, without pain, a large foreign substance from my ear, which had troubled me for a considerable time. I can fully testify to the Doctor's ability as a surgeon.


G. BOWERYEM,

132 Bleecker Street.

A MISSIONARY at Corisco, West-Africa, writes: "I received but a few days ago a bound volume of HALL'S JOURNAL OF HEALTH. I thank you

for it. I have looked through it with pleasure. I have occasionally seen numbers of your publications when in my native land. I certainly wish you great success in inculcating the principles which your JOURNAL advocates. With prayers that you may enjoy many years of usefulness, I remain sincerely yours." A correspondent says of our book on "Sleep": "I have read and profited by it. Many thanks for its teachings, and God bless you for writing it." A lady in ordering some copies of "Soldier Health" for the army, adds: "I hope it is not abridged too much, for it is too good to leave any thing out. I wish to send a copy to many in the army."

THE AMERICAN TRACT SOCIETY, 28 Cornhill, Boston, and 13 Bible-House, New-York City, has issued in beautiful style, "Calls to the Saviour," (64 pp.,) or reasons why every sinner should, "Come to Jesus." It is full of comfort and encouragement to those who are seeking a "better way." Another little volume of 128 pp., by Rev. James D. Burns, of London, is full of sweetness to every hoping Christian heart. "The Happy Home," or the Story of Annie Lyon, with its illustrations, will gladden the eyes and swell the heart of every good child who reads it. We congratulate the Society in its issue of two useful, truthful books. In "The Honey-Makers" and "The Senses," both children and grown persons will be deeply interested; and more, they will be led to admire the wisdom and goodness of God while they peruse these two charming books. Is the Society beginning to find out that a deeper religious sentiment can be waked up in the minds of the young by showing to them the wonders of Omnipotence in his works, than by the trashy narration of the vagaries of a maudlin imagination; by stories one part truth, nine hundred and ninety-nine parts "make ups"? A narration of actual facts, in a natural, literal way is always instructive, is a "True Story," but such a book can not be found oftener perhaps than once in a hundred volumes of the publications designed for the young, and for Sunday-schools. Ought this so to be? "Kenny Carl's Uniform" is as instructive as it is interesting, and will delight youthful readers.

To SUBSCRIBERS.—A lady, in writing for a missing number, not only expects to have it supplied at our own cost, but growls while receiving it, saying: "I thought my responsibilities ended with paying for the JOURNAL." Let subscribers remember that all a publisher's obligations end with depositing the publication properly in the post-office. Publishers do not agree to deliver their issues at the door or into the hand of subscribers out of town, but merely to deposit them in the post-office, then the government takes the responsibility, and the subscriber the risk. Publishers, generally, out of mere good-will, supply missing numbers, but it is their own loss. The intelligently conscientious will send the money for missing numbers, for when they subscribe it is with the understanding that the publication is to be sent by mail, and the subscriber tacitly agrees to run the risk; but afterwards to ask the publisher to make good the default is simply unjust. The usual manner of mailing publications, makes it *difficult to omit any name*. Persons writing to us must not ask for receipts to be returned, the reception of this JOURNAL is a receipt, for it is never sent without pay in advance.  All subscriptions must be for a year, and the year must commence with the preceding January.

HOUSEHOLD ECONOMY.

No honest man, no wife of sterling principle, can consistently allow a penny's worth to be wasted, as long as a dollar is owing to any body. It is the sinful and dishonest waste in the kitchen which is the last pound to break the camel's back, as to many a striving husband and father in cities and large towns. There are so-called wives who never enter the cellar or storeroom; who never look at bills, to see if there are wrong charges, or if provisions are rising rapidly in price, that they might arrange matters so that the aggregate family expenses shall not be increased. A dozen pounds of meat may appear on the dinner-table to-day, for a family of small children and servants, and to-morrow it is all gone, and they "never noticed it." If coffee was a dollar a pound, they would never be the wiser, unless it was mentioned in some conversation. The general result of such indifference is, that the husbands of more thrifty, more notable wives, have eventually to pay the bills. We often talk glibly about French frivolity; but there is much in their domestic management which entitles them to our respect and appreciation. The Paris correspondent of that excellent paper, the *New-York Commercial Advertiser*, writes:

"There are few American families who know exactly the expenses of a year; they all know, probably, that it costs about so many hundred or thousand dollars on the whole. But every European family knows the expense of every year, month, and day; the exact cost of every dinner, supper, or breakfast, of every morsel they eat, of every drop they drink. Every German or French housewife knows not only how much the meat, potatoes, and bread of any meal may cost, but also the water in which she has cooked them, and the coal or wood she has burned to boil the water.

"In Paris, water is sold by barrels and pailfuls. In a house of five stories there are two families on each floor, making ten who ascend the same staircase, up which all articles for family use must be carried. Water, coal, and all heavy articles must be taken up before noon, as about that time the *concierge* cleans the hall and stairs, and they must be kept clean for callers in the afternoon. In every kitchen is a receptacle for water, containing two or more pailfuls. In one corner of the box is a small portion of porous stone, which serves as a filter, and to which is a separate faucet. The *porteur* brings two large pailfuls of water for three cents, every morning. It is therefore, very easy to know how much the water costs in which the dinner is boiled.

"In the same kitchen is a box for coal, which contains the quantity for which they pay forty cents, and they know exactly how many meals can be cooked with this quantity. If they have guests to dinner, they use an extra quantity of water and coal, and know how many cents' worth are devoted to each guest, and then of course they know if they can afford to invite any body again.

"They know exactly how much of every article is used every day. The streets of Paris are lined with small groceries, where every thing is purchased by the cent's worth, and are certainly very convenient for people who earn only a few cents per day.

"The morning meal in every French family is bread and coffee, what they call *café au lait*, and is made of equal portions of coffee and chickory placed in a biggin, upon which hot water is poured so long as it runs through black. Of this they take two spoonfuls to a half-pint of boiling milk. Three or five cents' worth of coffee is purchased every day, and the milkman and baker of course come every morning.

"The second meal is at noon, though it is called breakfast, and is merely a luncheon, cold, or the remnants of yesterday's dinner. For these two no cloth is put upon the table, and all ceremony is unnecessary.

"The dinner is at six, and consists of meat and one vegetable, and something as a salad. The salad is dressed with oil and vinegar—a spoonful of vinegar to three of oil, with pepper, salt, and mustard, and also a little onion and garlic. The commencement of dinner is of course soup, as this is invaluable in every continental family. There are also soup-shops, where a pint or a quart can be purchased every day, between four and six. But as often as once or twice a week they have a boiled dinner, what they call *pot au feu*. In America, the liquor in which meat and vegetables are boiled for such a dinner is thrown away. It must certainly contain the best juice of the meat, and be very good and nourishing. In Europe it is every drop saved and eaten. They fill an earthen pot with meat and vegetables, never omitting the onions, and let it boil away one half. For the soup, they season it with pepper, and sometimes with sorrel, parsley, and other herbs and spices, and thicken it with vermicelli or crumbs of bread. Whether it is delicious or not, it certainly seems too good to throw away.

"The dessert is almost invariably bread and cheese in winter, with a little confiture. I do not mean to say that every family lives in this way; but I have been in many, and seen little difference. One is expected to take a bit of cheese about an inch square, and a teaspoonful of confiture. The little shop-windows are also lined with jars of preserves, which are sold in quantities of two or three cents' worth, like any thing else.

"Cheese in the same way, a bit a few inches square for dinner. The pepper and salt are no exceptions to the three-cent rule, little three-cornered papers being the only receptacles for them. Cinnamon, cloves, nutmeg, and similar spices have no location in a continental family, where they never make a pudding or pie or cake of any description, and where they would consider it the greatest extravagance to eat such things. We are talking of families who have a regular income of six hundred to fifteen hundred dollars a year. Such a family does not allow the whole expense of the table to be more than eight or ten dollars a month each person, and we know those who limit it to five or six, and yet who live very comfortably."

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This machine makes the "LOCK-STITCH" and ranks highest on account of the elasticity, permanence, beauty, and general desirableness of the stitching when done, and the wide range of its application.—*Report of the American Institute, New York.*

ECONOMY OF SEWING MACHINES.

The WHEELER & WILSON COMPANY has prepared tables showing, by actual experiments of four different workers, the time required to stitch each part of a garment by hand, and with this Sewing Machine. Subjoined is a summary of several of the tables.

	BY MACHINE.		BY HAND.			BY MACHINE.		BY HAND.	
	Hours.	Min.	Hours.	Min.		Hours.	Min.	Hours.	Min.
Gentlemen's Shirts,.....	1	16	14	26	Calico Dress,.....	0	57	6	37
Frock Coats,.....	2	38	16	35	Chemise,.....	1	1	10	31
Satin Vests,.....	1	14	7	19	Moreen Skirt,.....	0	35	7	28
Linen Vests,.....	0	48	5	14	Muslin Skirt,.....	0	30	7	1
Cloth Pants,.....	0	51	5	10	Drawers,.....	0	23	4	6
Summer Pants,.....	0	38	2	50	Night Dress,.....	1	7	10	2
Silk Dress,.....	1	13	8	27	Silk Apron,.....	0	15	4	16
Merino Dress,.....	1	4	8	27	Plain Apron,.....	0	9	1	26

NUMBER OF STITCHES MADE PER MINUTE.

	By H'd. With Mach. Ratio.				By H'd. With Mach. Ratio.		
	Stitching	fine	Ratio.		Stitching	fine	Ratio.
Stitching fine Linen,.....	23	640	28	Patent Leather, fine Stitch,.....	7	175	25
" Satin,.....	24	520	22	Fitting Ladies Gaiters,.....	23	510	18
" Silk,.....	30	550	18	Stitching Shoe Vamps,.....	10	210	21
Seaming fine Cloth,.....	38	504	16	Binding Hats,.....	33	374	11

When the machines are driven by power, the ratio is much higher—1,500 and 2,000 stitches per minute not being an unusual average.

Seams of a considerable length are ordinarily sewed, with the best machines, at the rate of a yard a minute, and that, too, in a manner far superior to hand-sewing.

One feature in the use of the WHEELER & WILSON Sewing Machine, resulting from the wide range of its application, is the varying branches of business to which it is applied as fashion changes. Thus, a house or a person furnished with these machines may, at different seasons, employ them in making Army Clothing, Skirts, or Mantillas, or Diamond Ruffling, or Shirts, or stitching Hats and Caps, etc. It is not as if they were limited to one branch of manufacture, and must remain unused unless that particular article were in demand. So long as sewing is to be done, these machines are sure of something to do. Hence the WHEELER & WILSON Sewing Machine is the machine for all kinds of FAMILY SEWING, and for the use of Seamstresses, Dressmakers, Tailors, Manufacturers of Shirts, Collars, Skirts, Cloaks, Mantillas, Clothing, Hats, Caps, Corsets, Ladies' Gaiters, Linen Goods, Umbrellas, Parasols, Silk Goods, etc.

The Lock-Stitch made by this machine cannot be unravelled, and presents the same appearance upon each side of the seam, a single line of thread extending from stitch to stitch. It is formed with two threads, one upon each side of the fabric and interlocked in the centre of it. In beauty and regularity, and in the firmness of the seam formed, it excels hand sewing.

The qualities which recommend the Wheeler and Wilson Machine are: 1. Beauty and excellence of stitch alike upon both sides of the fabric sewed. 2. Strength, firmness, and durability of seam, that will not rip nor ravel, and made with—3. Economy of thread. 4. Its attachments and wide range of application to purposes and materials. 5. Compactness and elegance of model and finish. 6. Simplicity and thoroughness of construction. 7. Speed, ease of operation and management, and quietness of movement.

NOTICES.

THE AMERICAN TRACT SOCIETY, 28 Cornhill, Boston, and No. 13 Bible House, New-York City, under the efficient management of Mr. J. G. Broughton, has issued **HERBERT**; or, True Charity, 45 cents. **PATIENCE**; or, the Sunshine of the Heart. **RUTH AND LITTLE JANE**; or, Blossoms of Grace. **ROSE**; or, The Little Comforter. **MARY S. PEAKE**, of Fortress Monroe. If our subscribers will refer to the bottom of the last page of the January number, they will find another list (with prices) of the admirable publications of this Society, and we cordially advise our friends who come to New-York, and wish to treat their little ones at home with reading which is at once delightful and instructive, to call on Mr. Broughton, at No. 13 Bible House, and examine his list of books.

ALWAYS THANKFUL, is the suggestive title of a discourse delivered in Springfield, Ohio, November 27th, 1862, by Rev. Sylvester F. Scovel, son of the late lamented and loved President of Hanover College, Indiana. Thankful for *all* things individually, and having faith in God that he will bring this nation safely, gloriously through her present trials, ruling and overruling, and shaping all that man does to the highest happiness of his creatures, and the greatest glory of his own great name. It is a delightful subject, handled wisely and well. "Always Thankful" having faith in God! what a glorious attainment, and possible to all!

"**DENTAL JOURNAL FOR THE PEOPLE**." Edited by W. W. Allport, D.D.S., Chicago, Illinois. Published monthly, at fifty cents a year. It is an unoccupied field, and one of very high importance, as it seeks to instruct the people as to the proper care of the teeth. Such a journal, well conducted, ought to be taken by every family in the nation, and we hope Dr. Allport will receive the patronage and encouragement which he evidently merits.

AMERICAN MEDICAL ASSOCIATION meets at Chicago, Ill., June 2d, 1863. By order of Committee of Arrangements. N. S. Davis, M.D., Chairman.

NATIONAL ALMANAC AND ANNUAL RECORD. By Geo. W. Childs & Co., 625 and 630 Chestnut street, Philadelphia; also; A. Roman & Co., San Francisco; N. Trübner & Co., 60 Paternoster Row, London; Hector Bossange, Paris, &c. It is the most comprehensively valuable Almanac ever issued in this country; and as an evidence of its appreciation, the publishers are selling a thousand copies weekly. We advise the copy bound in muslin, at \$1.25. It will be a work for reference for many years to come. We will send it full bound, post-paid, for five new subscribers to **HALL'S JOURNAL OF HEALTH**, at one dollar a year. It is filled with valuable statistics, history of the States, officers of the United States and the so-called Confederates; obituaries; census, banks, tariffs, public laws, books published in the United States in 1862, excise tax, post-office department, etc. etc.

CONTENTS FOR JANUARY.

Farmer Health—How best Secured; Eating—Rapidity, Frequency, Quantity; Catching Cold; Dress, Head-dress; Shoes, Corns; Housewifery; Potatoes; Baldness; Skating, etc.

CONTENTS FOR FEBRUARY.

Premature Deaths; Success in Life; Responsibility of Writers; do. of Editors; Influence of Mothers; Controlling Temper; Our Daughters; Unskilled Labor; Farmers' Wives Overtaxed—in what Manner—the Remedy. Either Number sent post-paid for 15 cts.; both for 25 cts.

CONTENTS FOR MARCH.

Dirt; Pulpit Power; Witnesses Three; Cherished Flower; Paine and Thorburn; Wire-workers; the Dying; Industrial Facts; Public Schools; the Irish; Cute Things; Ventilation; The One Spot.

CONTENTS FOR APRIL.

Recreation; Interesting Facts; Reformers; John Randolph; Bible Confirmations; Paine and Lawrie Todd; Religious Newspapers; their Age; Sad Reflection; Henry Clay, etc., etc., etc.

Paine's Institutes of Medicine, 7th edition, by Harper Bros. 1130 pp., 8vo. 400 of these pages are devoted to Physiology; 100 to Pathology; 240 to Therapeutics, and an Appendix of 150 pp. elucidating theories and subjects previously treated, and enforcing and expounding the principles advocated in the body of the work. There are two indexes admirably, concisely, and aptly arranged, furnishing a key to every section and subject. Of this standard publication a cotemporary justly says:

"A medical work which holds its ground with the profession for sixteen years, which in that time runs through seven editions, which has been used as a text-book by half a dozen generations of medical students—a work which embraces in its comprehensive grasp the three prime domains of a physician's study: physiology, pathology, and therapeutics, or the laws of life, the laws of disease, and the laws of cure—a work which is the accumulated experience of fifty years' professional and professorial life, must have some extraordinary merit that it thus endures the test of time, withstands the assaults of criticism, and maintains its popularity with the most progressive of professions."

Vocal Gymnasium, 25 E. 27th Street, conducted by Prof. HURLBERT, is commended to the attention of all who wish to improve the voice, singers, public speakers, etc., etc., whether for ladies or gentlemen. To become a good reader ought to be considered an indispensable part of a common education. To sing and to read well are literally rich placers of happiness in after-life.

Weather-Indicator.—Mr. CHARLES WILDER, of Peterboro, New-Hampshire, is the manufacturer of Woodruff's Barometer, combining in a remarkable degree cheapness, accuracy, simplicity, durability, and portability. Prof. MAPES gives it high praise. A correspondent of that excellent and favorite paper, the *Country Gentleman*, says: "I have never failed, by close observation, to ascertain when a storm was coming on, or when about to abate. I have saved the cost of it in a single season." Premiums have been awarded to Woodruff's Weather-Indicator by the New-York, Vermont, Michigan, and U. S. Agricultural Societies over all other competitors. The prices vary according to finish only, from five to twenty dollars; they are equally accurate, and all are ornamental. For sale also by C. J. Vangorder, Esq., of Warren, Trumbull Co., Ohio.

831 BROADWAY, NEW-YORK,

Will hereafter be the publication-office of **HALL'S JOURNAL OF HEALTH**, where Mr. P. C. GODFREY, so well known to New-Yorkers as the courteous and accommodating proprietor of the **Union Square Post-Office**, which he still manages with so much credit to himself, will keep on hand all our publications, wholesale and retail, for all who apply in person for the same. Those who order the **JOURNAL** or any of our books by mail, must address simply, **DR. W. W. HALL**, New-York. All letters delivered in person, and all packages, books for review, etc., must be left at 831 Broadway, below 13th Street. The Editor's office hours are strictly from 9 to 3 only, at 42 Irving Place, New-York.

Braithewaite's Retrospect of the progress of Medical and Surgical Science throughout the world, for the six months ending with Dec. 1862, being part 46, has just been reprinted by W. A. Townsend, 30 Walker Street, New-York, for \$1.25. It is issued twice a year for \$2, making an 8vo. of 650 pp. This useful and now standard publication is the best *vade mecum* extant for the young practitioner and for the elder members of the profession, who have not leisure for extensive reading, but who wish to know at a glance what is doing in the medical world from time to time. It is commended to the patronage of educated physicians of all schools.

Quarter-Century Sermon, by Rev. Thomas Brainard, D.D., of the Third Presbyterian Church of Philadelphia, is received, and is characteristic of one of the most earnest, indefatigable, efficient, and able ministers in his branch of the Christian church.

THINGS WORTH SEEING IN NEW-YORK.

ASTOR LIBRARY, free to all from 9 A.M. until sunset. Attendants will hand any book called for, to be used in the room. Lafayette Place, near Eighth Street, one block east of Broadway. 116,000 volumes.

BARNUM'S MUSEUM, 222 Broadway, near Astor House. Twenty-five cents admission. Open from 8 A.M. until 10 P.M.

BIBLE HOUSE, on Fourth Avenue, one block east of Broadway, through Eighth Street, seven stories, occupying one whole block of ground, having cost \$310,000. It employs three hundred persons, pays out four hundred and fifty thousand dollars a year, and in a year issued eight hundred and fifteen thousand Bibles and Testaments, in every variety of style and binding, from thirty cents for a complete Bible, up to twenty dollars each. The paper is received on the pavement, and is delivered in the seventh story a complete Bible.

BOOK-MAKING.—The most extensive printing-establishment in America is that of **JOHN A. GRAY**, Esq., on Frankfort Street, three blocks east of the City Hall, six stories, running twenty-six printing-presses, employing between two and three hundred men, women, boys and girls, within the building, and turning out every day an incredible amount of work, from a common pasteboard card up to bills, pamphlets, newspapers, magazines, and books in every style; and every thing well done; under the direction of one man, through that ceaseless vigilance, energy, firmness, and equanimity essential to all important positions; the pledge for even a temporary employment in the mammoth establishment being an engagement to be punctual, industrious, careful, quiet, clean, obedient, just and gentle in speech—qualities fit to be enumerated daily at the breakfast-table of every family in the land. Let them be "learned by heart" by every child that lives.

CENTRAL PARK, reached by city cars, from Astor House, for five cents, by Third, Sixth, and Eighth Avenue lines; 844 acres; cost, to January 1, 1861, \$7,600,000; appropriation for 1860, \$2,500,000; total cost of purchase and improvements, up to January 1, 1861, \$10,100,000. It is five miles from the Battery, is two and a half miles long, and half a mile broad; laid out by Frederick Law Olmsted, born in Conn., Lieutenant E. L. Viele, Engineer-in-Chief.

COOPER INSTITUTE, junction of Third and Fourth Avenues, built at an expense, including the ground, of over \$630,000, by Peter Cooper, born in New-York City, Feb. 12, 1791. When completed, the noble man gave it to the city, to be devoted to the elevation of the working-classes of his birthplace, by instruction, without charge, in ordinary daily occupations, in sanitary, social, agricultural, and political science, and teaching addressed to the eye, the ear, and the imagination. The rents of the ground-floor are intended to pay all the expenses of keeping the building in perfect order. He was born poor, worked hard in a hatter's shop until he was seventeen, then learned coach-making. He built, at Baltimore, after his own design, the first locomotive engine ever used on this continent. Peter Cooper still lives. His name will be held in affectionate and respectful remembrance by millions yet unborn. Library and reading-room, free to males and females.

GREENWOOD CEMETERY is visited by great numbers. Most of the omnibuses convey you to South Ferry for six cents; ferriage, two cents; by Hamilton Avenue boats, from which horse-cars take you to the cemetery, five miles, for six cents. Carriages can be had at the gates, for one dollar an hour, for one or four persons. Intelligent drivers will point out the most striking monuments, with items of their history. Opened September 5, 1840, and up to Dec. 31, 1860, had received 81,325 of the dead.

PAINTINGS, by the great masters, ancient and modern, from the twelfth century to the present time, at **THE INSTITUTE OF FINE ARTS**, 625 Broadway. It includes the celebrated Dusseldorf Gallery, and the Jarves Collection, and is the largest and most *recherché* collection of paintings on this continent. Valuable additions are being constantly made. Admission, twenty-five cents.

PHOTOGRAPHIC GALLERIES are free to all, and will afford visitors the means of passing an hour with the highest satisfaction. The most prominent, in alphabetical order, are, Anson, Brady, Frederick, Gurney, Johnson, and Mead, all on Broadway.

PRINTING.—One of the greatest wonders of the city, and of the world, is the printing-press at *The World's* office, 37 Park Row, nearly opposite the Astor House. It can turn off twenty-five thousand impressions in an hour. It is made up of fourteen thousand seven hundred and thirty distinct pieces, weighs fifty thousand pounds, is fifteen feet broad, sixteen feet high, forty feet long, and cost thirty thousand dollars. Fifty years ago, it required two men nearly one hour to print a hundred newspapers. Any gentleman or lady, on application at the office, will have its working shown them.

THE PHONOPHORUS, OR CONDUCTOR OF SOUND, AS USED IN CHURCHES.

We take pleasure in calling your attention to the above-named instrument for the transmission of sound; it is one of the latest and most successful triumphs of the inventive power which characterizes the age, and to that large class of the community afflicted with DEAFNESS, of pre-eminent, practical, and efficient utility, in relieving that disability.

Indeed, so comprehensive may its application be made, as to overcome the difficulty of hearing every ordinary tone of voice enunciated by the speaker, in the remotest part of the largest Churches, Public Halls, Lecture-Rooms, and Auditoriums of every size.

The philosophical principles which its operation involves, are so simple and clear, that to those at all familiar with the science of Acoustics, it is sufficient to say that by the peculiar construction of the "Phonophorus," the vibrations of the atmosphere within the instrument are made more intense than those on the surrounding air and of consequent additional potency on the tympanum of the ear.

Yet to others it may be well to state, that in every instance where its merits have been practically tested, it has, without an exception, imparted universal satisfaction.

Among others of like character, the First Baptist Church of New-Brunswick, N. J., (Rev. M. S. Riddell, Pastor,) the Presbyterian Church, corner of Fifth Avenue and Nineteenth street, New-York, (Rev. Dr. Rice, Pastor,) the Mercer-Street Presbyterian Church, New-York, (Rev. R. R. Booth, Pastor,) and the McDougal-Street Baptist Church, New-York, (Rev. D. Dunbar, Pastor,) have this instrument in successful operation, and those whose affliction it triumphantly relieves, as well as the intelligent observers of all classes, whose attention has been directed to the subject, are uniform in the recognition of its claims to the merit of great practical utility.

Where the "Phonophorus" is used, there is no necessity even for the DEAF to absent themselves from a single intellectual advantage offered by social assemblies.

Its adaptability to the PRIVATE DWELLING, the PUBLIC DRAWING-ROOM, to CHURCHES, LEGISLATIVE HALLS, COURTS OF JUSTICE, CONCERT and LECTURE-ROOMS—in fine, to every place where the organs of speech and hearing are called into requisition, is such, that the invaluable attributes of this Conductor of Sound may be made available to any requisite extent, to all such uses.

The readiness with which the instrument may be introduced into Churches and other public buildings, not only without marring in the least their present internal arrangement, but in fact as an accessory in the matter of ornamentation, relieves the subject of every objection that can be urged in this particular.

Not the least important of the purposes which the PHONOPHORUS is eminently calculated to promote, may be exemplified by a use of the instrument in a private TETE-A-TETE, to which it may be adapted with complete success, when a conversation between individuals (though one be deaf,) may be carried on in an ordinary tone of voice with the greatest ease and facility.

Should there be any deaf persons in your vicinity or among your acquaintances, you would confer a favor on us and on them also, by sending us their names and Post-Office addresses. Among the testimonials received from Clergymen and others, are the following:

TESTIMONIALS.

New-Brunswick, June 14th, 1862.

Some two years since, the First Baptist Church of New-Brunswick, N. J., introduced into their house of worship, an instrument invented by Mr. DAVID D. STELLE, called a PHONOPHORUS or CONDUCTOR OF SOUND; the design of which is to enable the deaf to hear and join in the ordinary week-day and Sabbath services of the Church. The instrument has been well tested and has proved a success. The principle of its construction is scientifically correct, and can do no harm to the ear whatever. I hesitate not to say that unless the tympanum of the ear be destroyed, sound and words uttered in an ordinary tone of voice can be distinctly heard. It is hailed by some among my people, who, by defective hearing, have for years been precluded the privilege of public worship, as a real benefaction. Therefore I would express my commendation of an invention which, for the time being, restores to such, "that sweet gift of our Heavenly Father," the sense of hearing. The answering and gratified look of those who for years have considered themselves hopelessly deaf, as they have joined in worship with others, must be my apology for penning this commendatory notice.

M. S. RIDDELL, Pastor of First Baptist Church, New-Brunswick, N. J.

New-York, June 5th, 1862.

DAVID D. STELLE, Esq.: DEAR SIR: I cordially testify to the entire success of your apparatus as applied to my Church. It gives me no inconvenience and enables those who use it in the pews to hear every word without effort. I regard it as a great advantage to those who are infirm in hearing, and shall be glad to know that it is in general use. Yours, truly,

ROBERT R. BOOTH, Pastor of the Mercer-Street Presbyterian Church, New-York.

New-York, June 16th, 1862.

D. D. STELLE, Esq.: DEAR SIR: It affords me pleasure to certify to the great benefit derived by several of my congregation from the use of your PHONOPHORUS or CONDUCTOR OF SOUND. It is now a year and a half since it was introduced into my Church, and it continues to work admirably; enabling those who, on account of deafness, were before unable to enjoy the privileges of the Sanctuary, to hear every word from the pulpit clearly and distinctly. I have no doubt that ere long it will be in every Church in the land; that not only the poor, but the deaf also, may have the Gospel preached to them.

DUNCAN DUNBAR, Pastor of McDougal-Street Church.

New-York, June 3d, 1862.

Mr. DAVID D. STELLE: DEAR SIR: The name "Phonophorus," or "Sound-Bearer," which you have given to your instrument, is very appropriate. In the instances where I have known it to be introduced in Churches, it has answered admirably the purposes for which it was recommended, and enabled persons to hear the sermon with distinctness and ease, who had for years been deprived by their deafness from the enjoyment of public religious exercises. Yours truly,

O. BRONSON, M.D.

New-York, June 6th, 1862.

Messrs. D. D. STELLE & Co., 346 Broadway: GENTLEMEN: At your request, I very cheerfully state that the "Conductor of Sound," which you have put up for me in Dr. Rice's Church, on the Fifth Avenue, has been perfectly successful. Without it I heard almost all speakers very imperfectly, and some not at all—with its assistance, I can without difficulty hear every word spoken from the pulpit. Yours respectfully,

RICHARD IRVIN.

For further information in regard to the above, please call on or address

D. D. STELLE & CO.,

WALLACE DUNBAR, Agent.

85 Leonard Street, New-York.

MILK,

New, Fresh, and Pure, from farm-house, grass-fed Cows, delivered Twice a Day, within Twelve Hours after the Milking, at Six Cents a Quart during the Summer, and Seven Cents in the Winter, by the

Rockland County and New Jersey Milk Association,

**146 East Tenth Street, between Broadway and Fourth Avenue.
Capital, Ten Thousand Dollars.**

The Milk is delivered to Families twice a day, in Two Quart (and over) Cans, from covered, handsome, four-wheeled Wagons, everything having an air of neatness, cleanliness, and thrift.

Each Family has two cans of its own, with name, locked with duplicate keys, the owner having one, the Agent who fills them at the Office, the other; hence, nothing can be added by the drivers.

The Milk is delivered fresh by the Farmers to the Agent in Rockland County, who accompanies it, under lock and key, to the Tenth Street Depot, where Mr. Canfield superintends the filling of the Family Cans, which are then locked and dispatched through the city, to deliver the Milk precisely as it came from the cow, except that it has been cooled, and kept uniformly so, up to the time of delivery, without the possibility of having been skimmed or adulterated, or the milking of one part of the day mixed with a different milking.

Families who desire it, can be furnished regularly with Milk from the same cow, for Children, at Eight Cents a Quart. Hotels, and Families using largely, supplied at reduced prices.

To keep the Milk good, each can should be placed immediately in a cool place, and *kept there*, with the cover off all the time, and sending to the table or kitchen only what will be used at the time.

The Association is composed of men of wealth and influence, who believe that private interest and public good can be subserved by securing to the Citizens of New York, night and morning, without noise, pure, fresh, new Milk, from farm-house cows, fed on grass and hay.

The following unsolicited article is from the *New York Express*, of February 25, 1859:

"The Academy of Medicine are preparing a Report on Swill Milk, which we hear will realize the worst statements made during the Swill Milk excitement. Families with infant children cannot be too careful about the Milk they give their little ones. There is no true safety except in the honor of Dairymen and City Dealers. We some time ago called attention to the Rockland County Milk Association, of which Mr. Canfield, a highly-respectable citizen, is Superintendent. All that we then said in favor of the Association has been more than realized in our own experience, in that of the Nursery and Child's Hospital, and by the analysis of some of our best physicians. Some of the Farmers there have invested their capital in this enterprise, and invite the strictest scrutiny into the character of their Dairies, and the quality of their Milk."

S. W. CANFIELD, General Agent.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

JULY, 1863.

[No. 7.]

THE PHYSICIAN.

NEXT to the clergy, the educated physician is the greatest benefactor and conservator of the race, performs more personal service without fee or reward, and at his own individual expense, than any other class in society. Very much that doctors do is not appreciated by the great public; is never dreamed of by the masses. The common feeling toward a medical man is that he is expected to come to us when we send for him, to know what is the matter with us, what we need, and, after we get well, to send his bill, receive payment, and the whole is settled. But in all this, his solitudes; the balancing of his hopes and fears; the comparisons he has to make in his own mind; the judgments he has to form; and the responsibilities he has to assume, singly and alone, without counsel, without sympathy—these are not taken into account; money could not pay for them.

There is another item which does not enter into the imagination of one man in a thousand. New forms of accidents are constantly occurring; new diseases are every now and then manifesting themselves for the first time in human history—sometimes so obscure, so singular, so unaccountable, that the public are stricken with alarm, often approaching absolute terror. Just before the cholera reached our shores in 1832 and '33, the feeling of the multitude was to run away from it; when it did come, many died from the effect of abject, unresisting fear. The physician went to meet it, to investigate its nature and report upon it, if he ever returned, that his brethren might know how to handle it and save the people. But did the public applaud? did they vote to him the freedom of our great cities?

did they honor him with public ovations, and receive him with flowers and songs and the rejoicings of the populace? Did any man or body of men offer to pay him for his time, his trouble, his risk, or even to refund the actual outlays of his journey. Not a mill toward that object was contributed by a single human being.

It may interest the inquiring reader to know the mode of procedure in reference to new diseases; whether attacking individuals, families, neighborhoods, or a whole nation. The main points to be ascertained are the causes, the symptoms, the nature, and the cure of the malady. If any one of these can be determined with reasonable certainty, all the others are pretty sure to follow sooner or later. In reference to the Asiatic cholera, one of the first impressions sent to us from across the Atlantic was, that persons in apparent perfect health were suddenly attacked and died in a few hours, in spite of all and every thing that could be done. The experienced physician had to look at it just as it presented itself; he seized hold of the great predominant symptom; that which overshadowed all others, and which was always present, never absent in one single case in all the millions previously reported; that was the "looseness" or thin, light-colored watery passages. This being the case, it began to be inquired how long that symptom had been observed; when was the looseness first noticed. In other words, health consists in one action of the bowels in each twenty-four hours—less, is disease; more, is disease. The patient was then desired to note the time when he first began to have more than one daily action of the bowels. It was then ascertained, by comparing notes, that in no single case of any intelligent and observing person, did it happen that the looseness came on suddenly; but its commencement was traced back from one to two, three, four, or more days; and the conviction was settled upon, as a general rule, that an actual attack of cholera never presented itself until the bowels had been acting more than once in twenty-four hours for several days; later on it was determined that the rule proved be considered universal. In some cases the unobservant, the uneducated, or the imbecile, reported differently, but the testimony of the cultivated and the reflecting, backed by the personal experience of those physicians who were themselves attacked with the disease, had to be

received as conclusive. It was not long before this fact was heralded through every medical publication in the land; was reduced to popular form, and handed to the newspapers, embodying the great fact, that cholera was, in all cases, ushered in by "premonitory symptoms," which, if promptly attended to on general principles, were as easily, as safely, and as certainly removed, as the very commonest disease known; in fact, it was soon found out, that if a man seeing himself have two or three actions of the bowels in twenty-four hours, in cholera times, would only go to bed and keep quiet in body and mind in a cool, clean, well-aired room, the disease would be averted and the man be well in a day or two without a single atom of any kind of medicine whatever. This great fact has remained incontrovertible to the present hour.

But it will be of greater interest to detail a case of very recent occurrence in the army; and there is something of the fearful about it. Three regiments of soldiers—the Forty-third, Forty-fifth, and Fifty-first Massachusetts Volunteers—were encamped together as near as possible. Within a month, an unheard-of disease appeared among them. The soldier was suddenly attacked without warning, with a chill, and died within twelve hours, almost as certainly as attacked. The Forty-fifth had five cases, all fatal; the Fifty-first had seventeen cases, not one recovered; the Forty-fourth had twenty cases, of which twelve died; the remaining eight lingered, but did not recover. The instinct of any community under such circumstances would have been to run wildly away; this was not possible for soldiers. The surgeon had to look at the danger face to face, and do all that was possible, first to find out the cause and then remove it. A common mind might have looked into matters for a month or a year, by which time every solitary man would have made his last bivouac under the clouds of the field. Not so with the surgeon; his first care was to notice if one regiment suffered more in proportion to its numbers than another; and if so, what circumstances were there in the regiment which suffered most, different from those in the regiment the least afflicted. The Forty-third regiment did not report a single case, yet these three regiments were close together. All the Forty-third lived in tents; the other two lived in wooden barracks. But soldiers had lived in wooden barracks thousands of times before,

without any such disease appearing ; still there was the great difference staring the surgeon in the face. The linen tents gave life ; the wooden barracks spread a deadly disease. These barracks were made of hard, green pine timber. It was obvious, then, that the first great step to be taken was to order a change of quarters, and thus see if barracks made of hard, green pine lumber was adequate to the generation of such a deadly malady. As soon as the quarters were changed, the disease forthwith disappeared. The Fifty-first regiment were allowed to remain longer in their barracks ; the disease meanwhile spreading itself, when they, too, shifted their quarters, and the malady suddenly disappeared. There can be no two opinions in a case like this ; the cause of the sickness was living at that season of the year in houses made of hard, green pine-wood ; and the cause having been demonstrated, it only remained to remove it. This is the highest, the noblest aim of the physician, to prevent disease ; and who shall not say, that is a diviner skill than to cure ?

But a burning shame would attach to the educated practitioner who would be satisfied with this attainment ; hence in pity for the ignorant who might hereafter inadvertently expose themselves to the causes of disease, or be compelled to such exposure by those who had authority over them, it is important to find out the nature of the ailment, which often gives a clue to the remedy ; the quickest way of doing this is to examine the dead body and see what parts of it are affected in a manner different from one which had perished in perfect health, by accident. In this case, several parts of the body were in a healthy condition ; other parts were affected as they might have been in several common diseases ; but some of these parts were affected in some cases but not in all. It was necessary then, as a point of departure, to notice if any part of the body of one dying of this strange disease, was always affected, and affected in the same way. This would be specific ; it would be a foundation-stone, the "head of the corner." It was soon found with great uniformity that the membrane which invests, or lines the brain was inflamed, and as the spinal cord is but a prolongation of the brain, this inflammation was traced all along its course to its extremest distance, at the very tip end of the seat. Now, when it is remembered that if a single organ or lobule of the

brain is inflamed, even a single square inch of it, the man is crazy as to that particular organ; when it is remembered further, that if a single inch of the spinal marrow is inflamed, it disorders every part of the human body which is supplied with nerves from that particular section, it can be readily seen how naturally it would follow that the whole system would so soon perish, when the entire brain and the entire spinal column, was in an actively diseased state in this new malady.

This disease is so recent, and of such a nature, that time has not been allowed to ascertain more than three prominent points: first, the cause; second, the seat; third, no treatment is of any avail. Further advances, however, will doubtless be made in due time, and published to the world.

This article has been written to give the general reader some idea, some better appreciation of what the practice of medicine really is, and how it is that a man learns to be a doctor; that "doctoring," as it is sometimes termed, is not to be taken up like a trade; it is not a thing to be learned in all its parts like the making of a dress, or the construction of an engine. A man may learn to make a box in an hour, and he may continue to make other boxes like it to the end of time; and all the *progress* he makes is in mechanical handiness, so that he shall make boxes hereafter in a neater manner and in a shorter time. The physician does not become master of his art by learning to cure one disease, by giving a particular drug; and then learn to cure another disease, by giving another medicine, until he has gone through all maladies yet known to man. He can't learn to be a successful physician by reading books; it is an impossibility. The very first case a young gentleman is called to, the day after he receives his diploma, is just as likely as not to have an element or circumstance connected with it unlike any he ever read or saw or heard of. But we are not then to conclude that he is powerless; that he is like a ship at sea without rudder or sail; that he knows no more what to do than any body else; very far from it. He has been indoctrinated into the general principles of medicine, and he knows he has to observe, compare and decide; observe the symptoms, compare them with others which he has seen, read or heard of, and then by the exercise of a calm judgment, determine what remedies are applicable to that particular character and class of symp-

toms. Thus an educated physician may intelligently prescribe for an ailment new to him, with as reasonable hopes of success as a man skilled in the mechanic arts can fabricate a piece of furniture or a machine, the like of which never entered the brain of mortal man before, according to the description given him by the person desiring it to be made. He does this by the practical application of certain known principles of adaptation, of cause and effect; and only such a man is entitled to be considered as master of his trade. And he only becomes a skillful and successful physician who practices his profession, not by the administration of medicines for symptoms, according to the book, but by the apt application of certain well-established principles to the particular case in hand.

It may be useful in this connection to impress one wholesome truth on the popular mind, which, by the way, sadly needs enlightenment in this particular direction. It is a part of the education of the medical profession, and which no honorable man ever ignores, to have all things in common; every thing that is new as to the cause, character and cure of disease. As soon as an educated physician finds a new remedy for an ailment, he communicates it to the medical journals, and within a year it is known all over the civilized world; the result is, his brethren in all nations have the benefit of his discovery; they do the same thing in return, and thus the physician who keeps up with the times, has not only the advantage of his own experience, but that of all the scientific and practical members of the profession throughout the world. But if by chance the charlatan or the quack becomes acquainted with a valuable remedy for a particular disease, instead of generously throwing it open to the whole world for the benefit of suffering humanity, he locks it up in his own bosom, hoards the precious treasure as the miser does his gold, and doles it out in the shape of a "patent medicine" to those only who can pay for it; others may die for aught he cares; and those who countenance and aid and abet him, by giving him certificates for publication, do but make themselves partakers of his meanness, and justly merit the contempt of the humane and the good of every land.

THE PEW SYSTEM.

STATISTICIANS have said that more persons kill themselves in summer-time than during the remainder of the year. Suicide is nearly always the result of mental suffering, of remorse, of worldly care, of disappointment, of misplaced confidence, of an abiding impression of forsakenness. The best balm for suffering hearts like these is found in the comforting and soothing influences of Christian doctrine; and these are to be found by the stranger, the troubled, and the outcast, in the house of God on the Sabbath-day, and that, too, without the necessity of exposing the secrets of their hearts to others, for these are fully known to Him who can be "touched with the feeling of our infirmities," and hence knows how to sympathize with his discouraged and suffering children. Multitudes more of such are found in cities and large towns, than in the village and the country church; and yet common custom has brought it about that a large number of the houses of public worship in cities are closed in the summer. This ought not to be. There can be no doubt that the regular incumbents severely need two or three months of recreation in the country, of entire release from pastoral duty at home, of rest for the mind, and renovation for the body. But a great good could be accomplished in various ways, and no time lost, if there were to be an interchange of labor between city and country pastors; for the three summer months, each could preach without special study; each could enjoy a change of air, and food, and associations, and exercises; while the members of exchanging churches would have a variety of *spiritual* aliment not altogether without its good uses. It would answer a great good purpose also to have it universally known that during the hot months, all houses of religious worship should be absolutely free to all comers; this arrangement would not only be a return to apostolic times, when "the poor have the Gospel preached to them," but it would aid in filling up depleted congregations, and thus enable ministers to officiate with greater ease, comfort, and encouragement; for it is well known that the fuller any house is, not only is it easier to preach, but there is an influence in large numbers, in crowded houses, which predisposes the mind to the more eager and profitable reception of the truth which may be presented.

It must not be said that the public are welcome to seats in our churches; they are not welcome to any first-class church in New-York City. Doubtless, the public are welcome theoretically; and, in fact, pains are taken to advertise in the public papers very extensively, that religious services will be held at such a place and such an hour, and "respectfully invited to attend," is the stereotype phrase. No doubt the minister's heart would be delighted to have the house filled from floor to dome; no doubt every member of the society, parish, or congregation would be highly pleased to see the whole house full—provided, yes, provided, he had his own pew all to himself and his own family. Such persons would be even glad to give up their own seats to any eminent citizen or distinguished name. But as for being pleased to find his pew occupied by John Smith and all the little Smiths, and the great big red-faced Mrs. Smith, that is out of the question, even though this same John Smith and family were "known of all" to be a very fine family and without reproach. But now for the proof, for doctors always like to clinch their statements with "cases" in point, which have come under their own personal observation.

Now we give the reader notice beforehand, that we are going to be personal and specific; a kind of spice necessary to make an article for a July day at all readable. We must, however, state first and foremost, in self-defense, that we seldom go to any other church than our own; and the worse the weather, the more need we feel it to be a kind of holding up of the hands of our worthy minister; and there is more in this statement than would seem to be on the surface; for to attend church twice a day on the Sabbath, requires of us a six-mile walk along Fifth Avenue; which is as great a test of faith under the broiling sun of July as in the zero of mid-winter. If we do not go to our own church, it is because there is "no meeting" there, or we are "professionally engaged," or otherwise called away. When our house is closed, we have sometimes, under a strong outside pressure, such as a public announcement, or flaming advertisement, or to gratify some visitor to our city, gone to other places, but not with very agreeable results always.

The only prominent church in New-York in which we have seen things done in the right way is at "Brother Chapin's," that is, Henry Ward Beecher's "Brother," not ours! As he

believes that all are to be saved, sooner or later, (it will be very late as to some fellows we know,) he and his leading men invite all to come, and welcome all who enter their doors, by having some half a dozen of their leading men to stand at the entrance of the aisles for the purpose of showing strangers to convenient seats without waiting a moment; this is Christian politeness; this is a true civilization.

To begin at our own church, (an editor takes the privilege of seeing and hearing all he can, and also of making any practical use of it he chooses, by making it fit in wherever suits him best,) we once heard a rich Broadway merchant blowing up our worthy sexton, "before folks," for having shown a stranger into his pew, which was only occupied besides by himself and handsome young wife. On another occasion, a poor old "brother" who used to sit in the gallery came down to the communion by invitation, but got into the "wrong pew" that time, for it belonged to a "sister" in the church, and the way she did blaze away for his presuming to occupy her seat without being invited, would have astonished the pastor who had delivered to her the "elements" not half an hour before! It turned out that the poor old man never came to church afterward, for he sickened and died the same summer, and, no doubt, went up higher than that sister will ever get.

We have before named our adventure with a gifted lady on our arm, who particularly wanted to hear the celebrated incumbent of the All Souls' or All Saints' striped building on Fourth Avenue. There were not fifty people in the pews, but there were more at the door-way, waiting to be shown to seats; for the public had been "invited to attend" through the Saturday papers. The sexton must have thought there was an endless job before him, and in despair of getting through with the increasing crowd, he made a tremendous sweep of his arm, exclaiming, at the same time: "There's plenty of room in the gallery." We have several times been to the Brick Church on Murray Hill, Fifth Avenue, and to the best of our present recollection, never have been invited to a seat; no doubt we would have been, had we waited long enough. But when there are even ladies standing, at the end of the "long prayer," it is time to accommodate yourself, which we have uniformly done by going up into the gallery and sitting on the steps, whence

we have seen persons still waiting for a seat at the commencement of the sermon; this was, however, on the occasion of a splendid doctrinal discourse by that eminently able and gifted divine, the Rev. N. L. Rice, D.D., whose power of lucid explanation of scripture doctrine is not equaled by any clergyman we have ever listened to at home or abroad. A one-horse sexton is not enough for our large churches; there ought to be two men, (or women ushers, as we have seen in London,) at the head of each aisle, until the moment of taking the text, when the outer doors should be closed. But worse than any thing yet happened to us last summer. We had for a long time wanted to hear that great and good man, the Rev. Dr. Williams, (Baptist;) but his church was "closed for the summer." On our way home, we chanced to pass the "Mercer-street Church," and recollecting that the secular papers of the day before had announced that a distinguished scholar and divine would officiate, whom we had long wanted to hear, we stepped in; at least half the pews had not a single occupant, and as we saw no sexton about, we concluded that the seats were "free indeed," and took one near the door, on the left-hand side of the central aisle; such seats being usually appropriated to strangers, loungers and "niggers;" and being the only occupant, with our little boy of eight years, we forthwith became absorbed in the minister, in trying to find an answer to the question: "What man is that?" Not for the words that came out of his mouth, but for the manner. Meanwhile we had most completely forgotten the fact of the public announcement; for we soon found ourselves almost audibly exclaiming: "This certainly can't be the pastor of this church." "No city congregation could by any possibility have elected such a concentration of affectedness as that." Then the mind got mixed up entirely; for it ran off into a balancing of the question of deformity, as if we were looking at Mr. Williams, who has some bodily defect; but his mind how grand and lofty! The speaker was all crouched down, as if he were going to make a hoop out of himself. He was reading a portion of Scripture. His nose almost touched the book; one shoulder seemed to be about a foot long and pointed with a very obtuse angle down into the cellar; the other about two inches long, looked sky high; then we transmogrified ourselves into an inquisitive old-time Yankee—that is to say, a pharisee;

and wanted to know if "this man were born so," or if not, what kind of an accident could have induced such a deformity, or what sin had he committed, that such a thing should have befallen him. And then the manner of his reading; it was in that soft, smooth, measured, oily manner and tone, which is apt to be assumed by those who are deliberately attempting to deceive, or to charm. We make no charges; and only wish to state what was passing in the mind; but before we could come to any conclusion that was at all satisfactory, we were tapped on the shoulder, and looking round, there was the sexton, who in a very civil manner asked if a seat nearer the pulpit would not be more pleasant? The reader will know how quick thoughts can fly sometimes, and how soon the mind jumps to conclusions. We felt pleased at the consideration of the sexton, and flattered also at his attention; thinking, in fact—shall it be confessed?—that he saw something about us which led him to believe we were not a common individual. And as he was the first person whose optics were sharp enough

"To see what was not to be seen,"

we were about setting him down in the book of our estimation as a very smart man; and expressed, with a respectful declination, our obligation for his consideration. "But," said the worthy man, "the owner wants to occupy the pew himself." Now we didn't get mad as fire. That would neither have been wise nor profitable nor becoming. In truth, it would have been "infra dig." The thought ran through the mind a hundred times quicker than can be expressed. "It's all right! very natural that a man should want his own pew;" and half feeling that we ought not to have entered it, we whispered to the "owner" on leaving it, that we would go nearer the pulpit, where we could hear better. This was said for two reasons: first, that his feelings should not be hurt by our leaving the pew altogether; and second, we were willing enough to get nearer; as we enjoy religious services better, the nearer we can get to the pulpit. We heard an excellent, able, pertinent and instructive discourse; the minister stretched himself out "as straight as a shingle;" his voice was distinct and manly; his shoulders square and even and well balanced, and we went home, glad to have gone where we did. But what do you

think, reader? when we got home, we found old "Clooty" there, and he set us thinking over all that had passed, and would you believe it? we feel some inklings of irritation every time we think of it to this day. There were at least a dozen pews near without a single occupant; and the "owner" ought to have felt free enough to have entered his own pew, or occupy any of the vacant ones. How long he may have stood waiting for us to see him, we can't say; he might have stood to the end of the discourse, for, as we stated, we were in serious quandaries; in an investigating turn of mind; were, in short, in the pursuit of knowledge under difficulties. We have not written this article as an abuse of the pew system, for it may be necessary under all the circumstances of the times. But it does seem more in accordance with the essence of the Christian religion, which is brotherly kindness and charity, that it should be offered to all, to the poor and the distressed, the stranger and the helpless, with the same "freedom" as it was given, which was without money and without price. The great pioneer Church, the Methodist, has flourished under the free-pew system, far beyond that of any other evangelical denomination; the Society of Friends have free seats; with them the beggar has as absolute right to a place in their meeting-house as any prince or potentate. At all events, we close with two suggestions: first, let city churches be literally free to all during the three summer months; second, hold out no false light of inviting the public to attend through the public papers when they must stand waiting a quarter of an hour, and when invited to a seat, may be invited also to get up and march and counter-march two or three times during the discourse, to let in the "owner's" family.

EMANATIONS.

PHILOSOPHERS have said that light and heat are ponderable bodies, and that although these have been coming out from the sun for six thousand years, that immense illuminary has not appreciably diminished in size.

The sweetest rose of the beautiful May throws out its delightful fragrance from the first flush of the spring morning until dewy eve, and remains as sweet as ever and quite as large.

The face and air of beauty charmed a thousand hearts yesterday ; a thousand more feed upon it to-day, and other thousands of eyes will look upon it to-morrow with a lingering rapture, and the next day it will be not less beautiful than it was a week ago.

Influences go out hourly from the wise and good, and as years roll on these influences gather force, while the wise become wiser, and the good better, hour by hour.

So with business men of integrity, of sterling and tried principles, they throw out an influence from themselves which is a power for good in every community, to restrain the wrong-doer, and awe villainy.

All these are "emanations," influences ; material, moral, social ; there are also "emanations" malign.

In an autumn morning of the sunny South, or amid the flower-clad prairies of the wide-spreading West, or on the shores of our own Northern lakes and inland seas and crystal flowing streams from among the mountains, as delicious as the still air is, it is more so in the cool of the evening after the sun has gone down from the sky ; and yet that balmy atmosphere is so loaded with miasmatic poison that it breeds disease and pestilence and death in a night ; it will do the same on successive nights, to one or a million of human beings, without any appreciable diminution in either the amount or malignity of its venom ; and so ethereal is it that no alembic of the chemist has ever been able to detect its presence, even to the amount of a single atom.

The very sight of filth and squalor and rags, of a victim of the horrifying small-pox, of the wretch whose whole body is a mass of festering corruption—any of these fill the most transient observer with unutterable disgust.

Proximity to moral worth, to maiden purity, to virtuous womanhood, to high Christian character, as infallibly elevate, ennoble, and sanctify, as associations with lawlessness, bestiality, and crime, degrade and ruin and destroy.

If then we desire that emanations should go out from us fairly loaded with influences and powers which are healthful, beautiful, elevating, and benign, we must be clean in person, as well as pure in heart ; we must strive to be as faultless in dress as we desire to be engaging in manner ; we must bring to our assistance all the aids of taste and art in order to present to the world as far as possible a comely and perfect physique ; just as reason and grace are summoned to help us attain a high moral and religious character. In plainer phrase, if your clothes are dirty, wash them, or stay at home ; if they are ragged, patch them, or keep out of the street ; if you are deformed, employ a tailor or dressmaker of genius ; if you have lost a limb, get a Palmer leg ; if you have a snagged tooth, consult Allen of Bond street, for comeliness is a duty as much as health, and so is religion !

DROWNING.

As multitudes go a bathing during the heats of summer, and even the very best swimmers are liable to be drowned, perhaps more liable than others, from their very fearlessness, it is a proper precaution for every individual to be familiar with the means of resuscitation. The London physicians advise,

1. To send instantly for a medical man, and while he is coming, place the patient in the open air, unless the weather is very cold; expose the face and chest especially to the breeze.

2. *To clear the throat.*—Place the patient gently face downward, with one wrist under the forehead, in which position all fluids will escape by the mouth, and the tongue itself will fall forward, leaving the entrance into the windpipe free. Assist this operation by wiping and cleansing the mouth. If there be breathing, wait and watch; if not, or if it fail, then,

3. *To excite respiration.*—Turn the patient well and instantly on the side, and,

4. Excite the nostrils with snuff, hartshorn, volatile salts, or the throat with a feather, etc., and dash cold water on the face, previously rubbed warm. If there be no success, lose not a moment, but instantly begin,

5. *To imitate respiration.*—Replace the patient on his face, raising and supporting the chest well on a folded coat or other article of dress.

6. Turn the body very gently on the side and a little beyond, and then briskly on the face, alternately; repeating these measures deliberately, efficiently, and perseveringly, about fifteen times in the minute, or every four seconds, occasionally varying the side. [By placing the patient on the chest, its cavity is compressed by the weight of the body, and expiration takes place; when turned on the side, this pressure is removed, and inspiration occurs.]

7. On each occasion that the body is replaced on the face, make uniform but efficient pressure, with brisk movement on the back, between and below the shoulder-blades or bones, on each side, removing the pressure immediately before turning the body on the side.

8. After respiration has been restored, promote the warmth of the body by the application of hot flannels, bottles or bladders of hot water, heated bricks, etc., to the stomach, the arm-pits, between the thighs, and to the soles of the feet, to induce circulation and warmth.

9. During the whole time do not cease to rub the limbs upward, with firm, grasping pressure, and with energy, using handkerchiefs, flannels, etc.

10. Let the limbs be thus warmed and dried, and then clothed, the bystanders supplying the requisite garments.

Cautions.—1. Send quickly for medical assistance and for dry clothing. 2. Avoid all rough usage and turning the body on the back. 3. Under no circumstances hold up the body by the feet; 4. Nor roll the body on casks; 5. Nor rub the body with salts or spirits; 6. Nor inject tobacco smoke or infusion of tobacco. 7. Avoid the continuous warm bath. 8. Be particularly careful, in every case, to prevent persons crowding around the body.

General Observations.—On the restoration of life, a teaspoonful of warm water should be given; and then, if the power of swallowing has returned, small quantities of wine or brandy and water, warm, or coffee. The patient should be kept in bed, and a disposition to sleep encouraged. The treatment recommended should be persevered in for a considerable time, as it is an erroneous opinion that persons are irrecoverable because life does not soon make its appearance, cases having been successfully treated after persevering several hours.

In endeavoring to rescue a drowning person, *take him by the arm from behind*, between the elbow and the shoulder. A good swimmer can, by "treading water," catch both arms thus, and keep the person from going under for an hour, the very struggles of the victim aiding in buoying him up, for his feet then are mainly engaged, and he also, to that extent, "treads water." If a drowning person is seized anywhere else, he is pretty sure to clutch with a death-grip, and both perish.

Any one can remain for hours in water, whether he can swim or not, by clasping his hands behind him, throwing himself on his back, so as to allow only his nose to be out of the water; a very little presence of mind, force of will, and confidence, will enable any one to assume this position.

DIETING

Is usually considered to mean the same thing as a kind of starvation. The idea which the educated physician attaches to the term is a judicious regulation of the quantity and quality of the food, according to the circumstances of each case. A healthy man may diet himself in order to keep well; an invalid may diet himself with a view to the recovery of his health; yet the things eaten by the two will widely differ in their nature, bulk, and mode of preparation. A vast multitude are suffering hourly by the horrors of dyspepsia; no two are precisely alike in all points, since there is an endless variety of combinations as to age, sex, occupation, air, exercise, mode of eating, sleeping, constitution, temperament, etc. Yet dyspepsia is always brought on by over and irregular eating; it could be banished from the world in a generation, if the children were educated to eat moderately, regularly, and slowly; the parents who do this will do their offspring a higher good than by leaving them large fortunes, which, in three cases out of four, foster idleness, gluttony, and every evil thing. As the rich can get any thing to eat or drink when they want it, they, with indulged children, bring on dyspepsia by eating irregularly and without an appetite. The poor—those who have to work for a living—induce the horrible disease by eating too rapidly and at unseasonable hours; mainly by eating heartily at supper, and going to bed within an hour or two afterward. In the heyday of youth and manly vigor there may not for a while be noticed any special ill effect from such a practice—in truth, it is at first inappreciable, but it is cumulative, and impossible not to manifest itself in due time. Infinite Benevolence forgives a moral delinquency; but omnipotent as he is, and loving toward all, it is not in the nature of his government of created things to work a miracle, to suspend a natural law, in order to shield one of his creatures from the legitimate effects of a violence offered the physical system by excesses in eating, drinking, or exercise.

Perhaps hearty suppers make more dyspeptics than any or all other causes combined. If dinner is at noon, nothing should be taken for supper but a single cup of weak tea, or other hot drink, and a piece of stale bread and butter. After forty years of age, those who live in-doors, sedentary persons—that is, all who do not work with their hands as laborers—would do better not to take any supper at all. Half-the time the sedentary, who eat at noon, do not feel hungry at supper; especially if they see nothing on the table but bread, and butter, and tea. But nature is goaded to act against her instincts in almost every family in the nation by “relishes” being placed on the supper-table, in the shape of chipped beef, salt fish, cake, preserves, or other kinds of sweetmeat, and before the person is aware, a hearty meal has been taken, resulting in present uncomfortableness, in disturbed sleep, in a weary waking in the morning, bad taste in the mouth, and little or no appetite for breakfast, all of which can be avoided by beginning early to eat habitually, according to the suggestions above made.

SUMMER DRINKS.

IN passing along Nassau street, near the Post-Office, any hot summer's day, there may be seen a sign on which is written "Iced Whisky." The newspapers abound in recipes for making a great variety of cooling drinks for the summer-time. A corner of the Post-Office of the great city of New-York is hired to a man for a few dollars a year, who has perhaps a dozen different kinds of "cooling" drinks, patronized mainly by store-boys, and paid for, in too many cases, by pennies filched from their employers. The cigars and tobacco sold at the same place are, doubtless, paid for in the same way, and are as cooling as the "iced whisky" near the office of the *Evening Post*. The absurdity of any thing having a cooling effect on the human system which contains a particle of alcohol, whether cognac, lager, or cider, need not be remarked on. If these things are cooling, how comes it that they are never by any chance offered in summer-time without ice, or iced water? It is greatly to be regretted that the United States Government, or the Postmaster of New-York, should, for a few dollars a year, be "*particeps criminis*" in making spendthrifts, drunkards, and thieves of store-boys, who are generally, perhaps, sent from the country with a certain degree of purity of character, tenderness of conscience, and constitutional vigor, with a view of becoming merchant-princes and useful men. A similar crime against society is committed, inadvertently no doubt, by our family and religious newspapers, in sending out their directions for making "cooling drinks for summer," in the shape of root-beers, lemonades, mulled wine, and the like. Whatever tempts to drink liquids, even cold water in hot weather, endangers health and life itself. Even the iced Croton at our dinner-tables and at the public schools (by the contributions of the scholars) is wholly injurious to the general health and most pernicious to the teeth. It is not true that soda-water even is harmless. A boy who takes a glass to-day in the corner of the Post-Office will feel like doing it to-morrow, and in less than a week the desire for it will come the instant he gets in sight of that famous corner; after a while he will want another glass in the afternoon; later on, it will be lemonades, into which the venders have already begun to introduce coloring matters, syrups, wines, and "old Bourbon." These are the beginnings of the end of a drunkard's dreadful fate. If a man is really thirsty, there is nothing more delicious, nothing which is more gratefully and perfectly satisfying, than a glass of cool water, with the advantage of its costing nothing, and besides leads to no bad habits. The men in glass manufactories, where the heat is fearful, drink water only, and that not iced, and remain healthy and vigorous. Field-hands on cotton and sugar plantations find a wholesome drink in a mixture of molasses and water; this is a safe drink for harvesters; so also is "buttermilk," it being not only cooling and nutritious, but otherwise healthful as a liver stimulant.

DIPHTHERIAL DISEASE.

DIPHTHERIA is now a familiar household word ; within a very few years, indeed, it had never been heard of by one in a million of the masses. Its fearfully sudden and fatal character, especially among children, makes it of the highest importance that those, at least, who have families should know something of its nature, its causes, its symptoms, and its cure. By examining a great many who have died of it, some general facts have been ascertained, which are of considerable practical interest. Neither chemistry nor the microscope have yet been able to determine that any particular structure of the body is uniformly invaded ; nor have any characteristic lesions or destruction of parts been found. One thing, however, is certain : the whole mass of blood is corrupted, is diseased, is destitute of those elements which are necessary to health ; it is of a dark, grumous, ugly appearance, filling up every vein and artery, stagnating everywhere, clogging up the whole machinery of life, oppressing the brain, and arresting the flow of nervous energy in every part of the system. No wonder, then, that it crushes out the life, in a very few hours, of feeble childhood, and of older persons who have but little constitutional force.

The three most universally present symptoms of diphtheria in the child are, 1st, general prostration of the whole system ; 2d, an instinctive carrying of the hand to the throat ; 3d, an offensive breath.

As chemistry has not been able to detect any poisonous ingredient in the atmosphere where diphtheria prevails, we are left to the inference that the air of such a locality is simply deprived of one of its essential health-ingredients ; for let it be remembered, that if a little more oxygen were added to the atmosphere we breathe, the very first match that was struck would envelop the world in fire in an instant of time, while if there was a little more nitrogen added to it, all that breathes would suffocate and die within the hour, so easy is it for Omnipotence to wrap the solid globe in flames, or sweep from existence the entire race of animals and man !

Children are almost exclusively attacked with diphtheria because it is a disease of debility—a disease which depresses every power of life—hence the weaker the subject is, the more liable to an attack. An adult has only to maintain himself, the child has to do that and to grow also ; hence it has a double call for a constant supply of strength ; and a very little deficit in that quality of the air which gives vitality to the blood, is sufficient to make it a fit subject for a diphtheritic attack. The few grown persons who have diphtheria have invariably some scrofulous or other weakening element. Neither a man nor a child in really vigorous health is ever attacked with it ; they only suffer who are at the time deficient in stamina—have not the proper resisting power against the inroads of disease.

There is no evidence whatever that diphtheria is “catching.” The matter and breath of it have been introduced into the eyes, lips, mouth, arm, etc., of physicians who have generously hazarded these experiments upon themselves, without the slightest ill effects whatever. When several members of a family are attacked, it is not because it is derived one from another, but because of similarity of constitution, habits of life, eating, drinking, air, and other surroundings. It has not as yet been established that a stranger, going into a family where there is diphtheria, takes the disease.

The treatment is a well-ventilated room, sustaining nourishment, and strengthening remedies.

Diphtheria is not inoculable ; prevails in every climate, in all seasons, and is equally at home in the princely mansions which line the spacious and well-cleaned street, and in the houses of stenchy courts and contracted alleys. It has no fixed course, may recur any number of times, but only fastens on the scrofulous or those whose constitutions are impaired, or have poor blood ; the immediate cause of attack being the breathing of a faulty or defective atmosphere.

LOOSE BOWELS.

THERE are three kinds of loose bowels, technically called "diarrhea," or a "flowing through" of water, bile, or blood. If it is water, it is *diarrhea* proper; if it is bile, it is *bilious diarrhea*; if it is blood, it is *dysentery*. Simple diarrhea is a thin, light-colored discharge from the bowels, occurring five, ten, or twenty times in twenty-four hours; if let alone it becomes Asiatic cholera in certain states of the atmosphere. Its great characteristic is the extraordinary debilitating effect which speedily pervades the whole body; the patient feels, when he sits down, as if it would be a happiness just to be allowed to remain there. Absolute quietude is an elysium to him. Instinct calls for the most perfect rest possible, and thus points out the most certain and appropriate of all modes of cure, which is absolute and continuous rest on a bed, in a cool, clean, well-aired room, until the passages assume the consistency of mason's mortar, and not oftener than twice in twenty-four hours. In health the bowels are incessantly moving, not unlike worms in a carrion; hence the ancients designated it as the "vermicular action," *vermis* meaning a worm. If there is not activity enough, we have constipation, or torpid, *sleepy* action; when this action is excessive, it is diarrhea. Every step a man takes has a tendency to set the bowels in motion; hence one of the most certain and frequent and efficient cures of constipation, when the bowels act but once in two or three or more days, is to be moving about on the feet almost all the time. If then motion tends to increase the activity of the bowels, when that activity is too great, instinct, alike with reason, dictates as perfect quietude as possible. If the symptoms do not abate by simply resting on a bed, a greater quietude of the vermicular motion is compelled by simply binding a strip of woollen flannel, about fourteen inches wide, tightly around the abdomen or "stomach," so as to be double in front, the effect of which is to give the bowels less room to move about in; affords remarkable strength to the whole body, and keeps the surface warm, soft, and moist. As the disease is a too great flow of fluids through the system, drinking fluids of any description only aggravates the malady. Yet, as the thirst is sometimes excessive, lumps of ice may be chewed and swallowed in as large pieces as possible, to any extent desired. No food should be eaten except rice, parched like coffee, boiled as usual, served, and eaten with an equal bulk of boiled milk. This may be varied by boiling a pint of flour in a linen bag, in milk, for an hour or two, skin off the outside, dry it, grate it in boiled milk, make it palatable with salt or sugar, and eat as much as desired every fifth hour during the day, eating and drinking nothing else. This treatment will cure nine cases out of ten, if adopted promptly within forty-eight hours; if not, call in a physician.

CHOLERA,

OR "Asiatic Cholera," as first known in this country in 1832 and '33, is chiefly a disease prevailing in warm weather, or rather in a warm atmosphere, for it can be created at any season, and in the coldest latitudes, by combining the proper degrees of the three essential requisites, to wit, moisture, vegetable decay, and a regular heat, exceeding eighty degrees. The great and distinguishing feature of cholera is a copious, frequent, and painless discharge from the bowels of a substance almost as thin as water, with a whitish tinge, as if rice had been washed in it, or as if a little milk had been dropped in it. When this occurs the patient soon begins to perspire profusely, the skin assumes a leaden hue and shrivels up, the nails become blue, insufferable cramps come on, and the victim's death occurs in a few hours with the most perfect calmness, in the fullest possession of all the faculties, and absolute freedom from every pain.

Three things ought to be known, in reference to cholera, by every human being :

First: The writer has never known a case in which it was not preceded, for one, two, or more days, by the bowels acting twice, or oftener, in every twenty-four hours; universally styled "the premonitory symptoms."

Second: A cure is impossible under any conceivable circumstances, without absolute quietude of body, on a bed, for days together; the time of confinement being shortened, in proportion to the promptitude with which the quietude is secured, after the first action of the bowels has taken place, which gives a feeling of tiredness, and, on sitting down, a sensation of rest and satisfaction.

Third: When the patient ceases to urinate he begins to die, and its resumption is a certain index of recovering health, always and infallibly.

One of the usual attendants of an attack of cholera is an unconquerable tendency to vomit. The very instant any thing reaches the stomach, even if it is but cold water, it is ejected; the mildest food meets the same fate in such cases, much less will medicine find a lodgment, except one, and that it is impossible to vomit up if it once reaches its destination; that medicine has no taste, it is small in bulk, will retain its virtues for a quarter of a century, as the writer knows by personal experience and repeated observation. Unless it is in the very last stages, it is believed capable of arresting the disease in nine cases out of ten—a pill made up of ten grains of calomel with a little gum-water; if the symptoms do not abate in two hours, double the dose, and let it work itself off; do nothing else, but let the patient be quiet and eat all the ice he can possibly want.

DYSENTERY

Is literally a "difficulty among the intestines;" it is a discharge of blood from the bowels, accompanied with what has been aptly called "an atrocious pain." You feel as if you would be relieved by an evacuation, but when the attempt is made, there is a fruitless straining, termed *tenesmus*, and nothing comes of it, unless it be blood. The rectum, or last foot of the lower bowel, is the main seat of dysentery, which is commonly called "bloody flux." It should be always considered a dangerous disease. At first the discharges are odorless; but as the parts come more under the influence of the disease, they become disorganized, rotten, and insufferably offensive. Dysentery most abounds in hot, dry weather, and is oftenest caused by bad air, a sudden check of perspiration, or by whatever makes the skin of the body cold. In fact, dysentery may be considered an exaggerated or aggravated diarrhea—the latter is water, the former, blood. The great distinguishing features of dysentery are bloody passages, with a frequent, fruitless, and painful effort to stool. It is one of those diseases which are very apt to go on to a fatal termination, if let alone; a disease which is often made more speedily fatal by being ignorantly tampered with; and whether blood is passed from the bladder or the bowels, a skillful physician should be called in as promptly as possible, as promptly, indeed, as if it were an attack of cholera; but while he is coming, there are several things which may be safely done for the comfort of the sufferer, if not for his cure. The patient should not sit up a moment; should keep as quiet as possible; should eat absolutely nothing but boiled rice, or flour-porridge, and swallow bits of ice to the complete quenching of the thirst. A little cold flaxseed-tea may be swallowed from time to time. A favorite prescription of some of the old physicians of a past generation, and which is now said to be in vogue in Russia for several forms of diarrhea and dysentery is the use of raw meat—thus, take fresh beef, free from fat, scrape it into a pulp with a knife, season it with salt to make it more palatable, or with sugar for children, to whom begin with one teaspoonful three times a day, gradually increasing the amount as they become fond of it. Adults may use it by spreading it between two slices of stale bread. Its merit consists in its being easily digested, very nutritious, of small bulk, and readily assimilated to the system. It is well known that children having the summer complaint will ravenously eat, or rather chew or grind between their gums, a piece of the rind of bacon or ham, to which is attached half an inch of fat, and begin to improve in a few hours. The whites of forty eggs "whipped," and then sweetened with white sugar, and drank largely through the day, without any other food, is an admirable remedy in these ailments. Or for dysentery or protracted diarrhea take half a teacup of vinegar, with as much salt as it will take up, leaving a little excess of salt at the bottom, add boiling water until the cup is two thirds full, remove the scum, let it cool, and take one tablespoonful three times a day until relieved. It has not failed of cure in many hundred trials.

BILIOUS DIARRHEA

Is always an effort of nature to save herself from impending disease; hence it is a curative process, and should not be interfered with. The passages in dysentery are bloody and painful always; in simple diarrhea they are always thin, almost watery, always large and light colored. In cholera, which is aggravated diarrhea, the passages are infallibly painless; on the other hand, bilious diarrhea is known by the passages being colored either dark, green, or yellow, often with a burning, griping, or other ill feeling before the passages come on. Bilious diarrhea ought never to be checked, except by medical advice, because it is an effort of nature to rid the system of that which would destroy it, if allowed to remain within it. Life has been destroyed thousands of times by failing to distinguish a bilious diarrhea from common diarrhea, simply by not noticing the color of the discharges, and thinking that nothing more is necessary than to "check it;" and that whatever does this the quickest is the best remedy. Opium, and paregoric, and laudanum, and morphine are resorted to with a fatal recklessness; they arrest, but they do not cure; they hide, cover over, but do not eradicate; but that is not the worst of it, they often send the disease to the brain, especially in children, to result in certain death in a short time. In most cases, all that is necessary in bilious diarrhea is to take nothing, keep still, keep warm in bed, and do not eat an atom of any thing, except when really hungry. There is but a step between bilious diarrhea and bilious or cramp colic, these last ending in death often within a few hours. The difference between them is only this—nature forces the bile out of the system in bilious diarrhea; in bilious colic she has not strength to do it, and in this latter case, unless speedily and efficiently aided, death, painful, agonizing and speedy, is the result.

Bilious diarrhea is often preceded by costiveness, and is generally brought on by bad air or by chilling the skin, either by cooling it off too soon after exercise, or by remaining in water or damp garments for a long time; the effect in either case is the same, to wit, to close the pores of the skin and drive the matters back and inward, which would otherwise have escaped beneficially from the body. A sudden burst of passion or other shock or great mental emotion may bring on an attack of bilious diarrhea. Those, therefore, who have observed themselves to be subject to attacks of bilious diarrhea, may easily postpone them indefinitely by arranging to have the bowels act freely once every twenty-four hours, by cultivating an equable frame of mind, and by habitually avoiding every thing which causes a chilly feeling to the skin; for he is not the greatest man who can the most readily cure diseases in others, but he who is most successful in preventing them in his own person.

DISINFECTANTS.

THE best disinfectants are those which cost the least, are most easily applied, and which cause the least inconvenience to the health, or the textures to which they are applied. If a disinfectant corrodes metals, stains garments, disfigures furniture, or is poisonous when outwardly applied or swallowed, it is comparatively valueless.

There is no disinfectant universally applicable. But it may be truly said that the best plan, and one which every clean, tidy, and sensible person would instinctively adopt, is to remove all causes of disagreeable or unhealthy odors; disinfectants should only be used when that is impracticable. Many persons burn sugar in the sick-room; this destroys nothing; it is merely a deodorizer, all that was there before is still present, it is only giving a stronger odor; it in reality only renders the air of the room more impure and more hurtful, not only to the one who is sick, but to every visitor and attendant; in fact, the actual tendency is to diminish the chances of recovery. Besides, a disinfectant may destroy a special ill odor, but may be in itself more hurtful than the odor it was intended to obviate. From all the knowledge yet obtained on the subject, it does not appear that the odor of decaying animal substances is particularly injurious to the health, not even that which arises in the dissecting-room, or in the removal of the dead from burying-grounds, where the scent has been so stenchy as to cause fainting or an approach to suffocation, and the workmen had to be relieved every few minutes, no disease followed. Still, it is of curious interest to know that the odor escaping from human bodies, alive, sick, or well, will produce the most deadly forms of typhoid and ship-fever in a few hours. Hence, never use disinfectants until every possible effort at cleanliness has failed to secure a pure atmosphere.

SINKS, PRIVIES, ETC.—One pound of copperas, known as *sulphate of iron*, costing but a few cents, dissolved in four gallons of water, poured over a sink two or three times, will most completely destroy all offensive odors. Repeat during hot weather as needed. **MUSTY CELLARS** are rectified in the same way, or by sprinkling the copperas itself over the floor, besides being beneficial in keeping rats away.

The *Scientific American* says: One pint of the liquor of chloride of zinc, in about two gallons of water, and one pound of chloride of lime, in two other gallons of water, then mixed, is perhaps the most effective of any thing that can be used; and when thrown upon decayed vegetable matter of any description, will effectually destroy many offensive odors. Chloride of lime, or common quicklime, is better to scatter about damp places and heaps of filth.

Four parts of ground plaster of Paris, and one part of pulverized charcoal, well mixed, is an excellent absorbent of all noisome smells. The powdered charcoal alone applied to glass vessels and any table-ware, after being well washed with soap and water, effectually removes all odor. The best purifier of bad breath is to take a teaspoonful of finely pulverized charcoal in the mouth on going to bed; it need not be swallowed, but simply allowed to remain around the teeth, gums, cheek, etc.

The hypochlorites, as well as the solutions of bromine and iodine, act admirably in destroying miasm and disinfecting the air. The manganate of soda or potash, dissolved in warm water and poured into sinks or drains, not only prevents the sending forth of disease, but gives out at the same time a considerable amount of oxygen, to refresh the atmosphere.

HEALTH TRACT, No. 155.

PHYSIOLOGICAL ITEMS.

DURING the year 1861, fifteen hundred dead bodies were examined at the hospital in Vienna, of which Professor Rokitsansky has direction, to ascertain the causes of death. The most prevalent diseases were :

255 Consumption,	120 Pneumonia,	101 Cancer,
178 Typhus Fever,	105 Puerperal,	67 Peritonitis,
144 Brain,	109 Heart.	57 Dysentery.

FOOD.—Fish as food, weight for weight, has very nearly as much solid nutriment as butcher's meat, game, or poultry, while containing a substance called iodine, which is not found in land animals, it has a tendency to correct a scrofulous and consumptive habit. Fishermen, who naturally live largely on fish, are especially strong, healthy, and prolific. In no class are there found larger families, handsomer women, and greater exemptions from human maladies. To what extent these results follow a fish diet is as yet a matter of conjecture. But iodine is the universal remedy up to this time for scrofulous diseases.

MEATS contain the most nitrogen ; the nitrogenous portions of our food make flesh, and go to supply the wear, and tear, and wastes of the body ; these are ultimately passed from the system in the urine. If more nitrogenous food is eaten than is needed to supply these wastes, nature converts it more rapidly into living tissues, which are, with corresponding rapidity, broken down and converted into urine. This is when the food is digested ; but when so much is eaten that it can not be digested, nature takes alarm as it were and endeavors to remedy the trouble in one of three ways : The stomach rebels and casts it off in disgust by vomiting ; it is worked out of the system by an attack of diarrrhea, or the human beast is made so uncomfortable generally that he can't be still ; if he goes to bed he tosses and tumbles half the night ; if he don't go to bed he is taken with the fidgets and can't be easy in one position for half a minute at a time, so that, in one way or other, he is compelled to an amount of muscular effort necessary to work off the surplus ; and as a further punishment, his appetite is more or less destroyed for several meals afterward. Little or no nitrogen is poured off with the perspiration, breathing, or fæces.

BIRTHS.—The having a boy or a girl seems to have been a power reserved in the hands of the great and wise Creator of all. The relative proportion, the world over, legitimate and illegitimate, gives about one hundred and six males to one hundred females. In the manufacturing and agricultural districts in England the proportion is identical, seeming to show that the male race is not diminished by crowded houses, unfresh vegetables, bad vapors, poverty, and the like ; but it does seem that luxury, inaction, and brain-labor give two per cent less of boys. The greatest thinkers are less apt to have sons ; less apt to have vigorous children ; less apt to have children at all ; and when they do have them they are more likely to die early. The determining power of sex seems thus far to be in the woman, but involuntarily so ; she being adapted, an old man is as likely to have a son as a young one, which is contrary to generally received opinions.

SABBATH OBSERVANCE.

THE nations of the earth which now most respect the Sabbath, and most discourage labor, pastimes, and mere amusements, during its sacred hours, are the freest, the happiest, the most prosperous, and the farthest advanced in the progress of art, manufacture, and invention; and that city or town or village or community, of any Sabbath-respecting nation, which best keeps the Sabbath as a day of rest for body and mind, is the most noted for all that is orderly, law-abiding, and substantial; and that family, of any Sabbath-loving community, which best observes it by quiet, by religious worship, and the performance of Bible duties, is the most substantial and respected and reliable in that community, while any individual member of a Sabbath-keeping family who most spends the hours of that sacred day in meditation, in worship, and the prayerful reading of the Scriptures, will uniformly be found to follow a blameless life; to possess the respect and confidence of the whole community; and all men will know where to look for him, however evil may be the times—to wit, on the side of justice and right and liberty and law and sterling principle.

No man can be so blinded as not to know that the Sabbath is least respected where there is most of all that is vulgar and profane and abandoned; and that those who care the least for it are literally thieves and murderers, drunkards, prize-fighters, horse-racers, and the utterly depraved of all classes; and that these, the wicked, do "not live out half their days." As a means then of longevity, of worldly prosperity, of individual elevation of character, every good citizen will not only do what is possible in himself to secure a religious observance of the Sabbath-day, will not only countenance and encourage others to do the same, but will *volunteer* his pecuniary aid to further these things in the community around him.

For some years past a number of gentlemen of eminence, socially, civilly, and financially, have, as "The New-York Sabbath Committee," been laboring with extraordinary steadiness of purpose, dignity, wisdom, and success, for the promotion of the better observance of the Sabbath-day in the metropolis of the nation. In doing this they have labored day and night; have encountered innumerable obstacles; have met with every variety of discouragement, obloquy, and opposition from all classes of society, except the wisest, the highest, and the best; and without bluster, without threats, without vituperation, abuse, or epithet, but by the calm, dignified, and persistent presentation of indisputable facts and sterling principles, they have gone on from step to step, "conquering and to conquer;" have put down the crying of Sunday papers; have abolished the open and shameless Sunday liquor-traffic; have driven the concert-saloons out of existence; and with these plague-spots have passed away the atheistic advocates of "The People's Day," "The Poor Man's Day," "Sunday Theaters," "No Sunday at All," and "Sunday Rum." In doing these things they have printed and widely circulated twenty-four "Sabbath Documents," from eight to thirty-two octavo pages each, in beautiful large print, containing a vast amount of Sabbath literature, which Christians of all countries would be delighted to read. But let it be remembered by every reader that a limited number of gentlemen have sustained this movement from the outset, without appealing to the general public for funds. The enterprises now in progress contemplate *national* reforms, involving increased expenditures. Where is the reader who will not desire to participate in the pleasure of promoting them, and promptly forward his liberal and free-hearted contribution to J. M. Morrison, Esq., President of the Manhattan Bank, New-York City, who is Treasurer? Letters and orders for "Sabbath Documents" may be addressed to "The Secretary of the Sabbath Committee, No. 5 Bible House, New-York."

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

AUGUST, 1863.

[No. 8.

THE CENTRAL PARK.

ON the twenty-seventh day of June, 1863, at six and a half o'clock in the afternoon, we counted, within five minutes, watch in hand, from our study-window, overlooking Fifth Avenue, at a point just one half a mile from its main entrance, one hundred and ten pleasure-vehicles pass, not including gentlemen and ladies on horseback, making over thirteen hundred in a single hour, on the chief drive to "the Park," which is the name given "for short" by practical New-Yorkers, to the magnificent pleasure-grounds of the great Metropolis; destined to be the "lungs," and a great fountain of health for the teeming thousands of the chief city of the Empire State. And as every reader of these pages who has ever visited the Central Park would love to see it again; and those who have not driven through it, or promenaded its delightful walks, may one day do so, if they have even a trace of taste or admiration for what is splendid and beautiful, it will doubtless add to the gratification of the many, to be able to have at least a synopsis of the chief items of interest connected with this great enterprise, as taken from official sources, to wit, the report of 1862, furnished by the courtesy of the Hon. Thomas C. Fields, the Secretary of the Board of Commissioners, and one of its Auditing Committee.

It may aid the memory by dealing mainly in round numbers.

The Central Park contains 843 acres.

The land alone cost nearly \$4500 an acre, or \$3,788,751.

Improvements to January 1st, 1863, \$3,583,674.

Total cost to January 1st, 1863, \$7,372,425.

Our rural cousins will exclaim, "What an expensive whistle!" and may straightway conclude that "it cost more than it comes to," which means that it is more than it is worth. But that is a mistake. It does not cost the present generation of New-Yorkers one cent. The expense has been saddled on posterity, on the very plausible ground, that as we have the trouble of building it, our children ought to pay for it, especially as they only can have the enjoyment of it in its matured beauty and magnificence. In short, the money was borrowed to be paid in a decade or two hence; the present generation only taking care of the interest; but even that is met by the taxes derived from the increased worth of the lots adjoining the Park. The assessed value of the three wards which surround the Park, in 1856, before it was commenced, was \$26,000,000. The increased value at this time is about \$25,000,000 more; yielding the city in taxes sufficient, with certain rentals, to pay the interest on the Park debt.

The largest number of workmen employed on the Park at any one time was 3666.

The average daily force during one year was 3000.

As the workmen are employed and paid by the day, they can only work in good weather. The average number of working days in a month was 21.

Average number of working days during a year, 260.

Up to January 1st, 1862, the number of cubic yards of earth, etc., removed was 2,000,000; of cubic yards of rock excavated, 250,000.

The number of brick used to that time was 5,000,000.

The total number of plants, vines and deciduous trees set out was 53,000.

The highest point of the Park is at Eighty-third street, and is 140 feet above tide-water. The lowest point is a few inches below tide-water, at One Hundred and Seventh street.

The new reservoir covers one hundred and six acres; is about thirty feet deep, holds a thousand millions of gallons of water, and cost a million and a half of dollars. Around its rim is a walk for pedestrians; outside of that is a bridle-path, and beyond that again is a beautiful carriage-drive.

Five miles of bridle-path have been completed; eight miles of carriage-road; eighteen miles of foot-path.

It is a five-mile drive from the Battery, or lower part of the city to the nearest Park-gate, which is in Fifty-ninth street. The Park is bounded by two parallel lines, east and west, of Fifth and Eighth avenues, and is half a mile broad by nearly three miles long.

The Central Park was originally laid out to extend north and south between Fifty ninth and One Hundred and Sixth streets, but it was afterward found that for completeness, it should reach to One Hundred and Tenth street, four blocks farther, or one fifth of a mile. And now for a digression, for the purpose of contemplating a phase of human nature. This desired addition was mainly a hill of rock and a swamp; hence was of comparatively little value; still it was private property, and the Legislature empowered the Supreme Court to appoint several gentlemen who should be "good and true," to say what the land was worth. Such men were selected as were considered above reproach and unpurchasable. Eighteen weary months were spent in coming to a conclusion; some men would have finished it up in as many days, as a whole community were interested in its prompt settlement. The decision arrived at was that this rock and piece of swamp, which had been running to seed since the days of Adam, was worth a million and a half of dollars, about half as much as the entire Park besides, which was two miles nearer the city, and contained over ten times as much land. The report was such an absurdity, that the contemplated plan of addition was abandoned. It did not appear that any of these commissioners owned any of the land, nor that they had any relatives or friends or partners at all interested in the matter. It may have been an error in judgment. But they had been to some cost of time, trouble, and money in ascertaining what the swamp and rock were worth, and it was very proper that they should be paid for the same; when asked to name the amount for their services, they put it down at the sum of \$73,335.52. Over half of this amount was claimed by nine men for personal services of themselves, except the surveyor, who must have had assistants. The people and the press made such a racket about this bill of costs, that the Supreme Court decided that it could not decide as to its propriety, but selected an unpurchasable man as referee, the Hon. John B. Haskin, who reported to the court that the charges were "extravagant and unreasonable, and that

this court should make an order vacating, annulling, and setting aside said bill of costs, and every part and parcel thereof." The commissioners then had leave to correct their bill, which they did, and struck off twenty thousand dollars; but the court and referee thought it was still too much by twenty-five thousand, and fixed it at the sum of thirty thousand dollars; less than half the original sum. In connection with this transaction, it is suggestive to notice the conduct of certain other parties.

The widow of the lamented Crawford, the sculptor, has generously bestowed eighty-seven casts in plaster for the ornamentation of the Park. R. K. Haight, Esq., has, with great liberality, donated the statue of Flora, the *chef d'œuvre* of its eminent author. Our fellow-citizen, the Hon. Auguste Belmont, has also made a liberal contribution in the same direction.

ANIMALS IN THE PARK.

The nucleus of a collection for the study of natural history "from life," is already found in contributions from the liberal-minded at home and abroad.

1860, May 24th.—Twelve white swans, presented by the Senate of the city of Hamburg.

October 18th.—Twenty-four white swans, presented by the worshipful company of Vintners, London.

Twenty-six white swans, presented by the worshipful company of Dyers, London.

November 1st.—Ten white swans, presented by the city of Hamburg.

Two trumpet cranes, presented by G. Granville White, Esq.
One peacock, do.

One American eagle, presented by Albert S. Joslyn.

One deer, presented by Joseph Conrad.

One deer.

Gold fish, presented by Wm. D. Murphy, Esq.

Two Canadian geese, presented by Charles A. Graham, Esq.

PARK CONSERVATORY.

Responsible parties have secured the right to construct and keep in order an immense conservatory, from which visitors may obtain, at a reasonable charge, the flowers and fruits of all countries, climes, and seasons, fresh from the bush and tree.

MUSIC IN THE PARK.

Every Saturday afternoon, from May to November, when the weather is suitable, a large company of accomplished instrumental performers are engaged by the liberality of the Third and Sixth Avenue Railroad Companies, to discourse the melody of sweet sounds to delighted listeners; more than three thousand of whom were estimated to have been present on the last Saturday of May, which was the "opening day" of the present season, described by one of the daily papers thus:

"Agreeably to the announcement which appeared in our yesterday's issue, the music season commenced yesterday afternoon in the Park. The midday storm had somewhat prevented the usual large assemblage from being present; nevertheless a goodly number of persons arrived around the newly painted and gilded music-stand, which in itself, for its beauty alone, is an object of attraction. Ladies on horseback, in carriages, and on foot, were to be seen enjoying the music, and numbers of wounded soldiers reclined on the grass around the temple of Apollo, the natural carpet having been thrown open for public use. The birds could both be seen and heard during the intervals between the pieces, and the flowers and sheep, with the absence of all things usually seen in the busy, money-making world, would almost tempt the visitor to believe that he was actually in the country, instead of the center of Gotham. The rain had freshened up the vegetation and made it look charming. Every tree, plant and shrub is now in full bloom, either of leaf or flower, and the rhododendrons in the Ramble are exceedingly beautiful. A row on the lake exhibits new charms and attractions, among others that of the swans and other water-fowl engaged in the duty of incubation. The pleasure-boats are well conducted, comfortable, and hired out at reasonable rates. The Casino is now in progress and will soon be erected.

The Park authorities announce it as their intention to throw open the lawn to Sunday-school parties and picnics on application to the commissioners. On Friday last the Free Academy had the use of the ball-ground. It is the desire of the Managers of the Park that schools and children should enjoy the use of the grass when it is not detrimental to the beauty and progress of the Park.

SKATING IN THE PARK.

This is the most popular, the most largely, and most joyously patronized of all the amusements of the Park, and the facilities of enjoyment afforded, have caused it to be considered both a healthful and graceful accomplishment all over the country. Seven years ago, the sight of a pair of skates on sale in a shop-window was a rarity. They may now be seen on a winter's

day by thousands. The number of skating-days in a year varies from twenty to forty; and it has been estimated that as many as ten thousand persons have been seen on the ice at a time at "the Lake," which covers twenty acres, and presents one of the most delightfully animated panoramas which can be conceived of.

To show the thoughtfulness of the Managers of the Park, and as an evidence of their own vivid remembrance of the pastimes of childhood, arrangements have been made for the boys to enjoy the sport of "coasting," or riding down-hill in little hand "sleds."

The floor-like surfaces of the Park drives afford the most delightful sleighing for a great part of the winter, after the snow has once fairly covered the ground; then it is continuous until the final thaw of the early spring, as the snow is not cut up, and fouled by wagons, carts, and other business vehicles; for these are not allowed to enter the Park on any pretense, except through under-ground and out-of-sight roads; so that the Park has its attraction for winter as well as summer, and is destined to afford an incalculable amount of pleasure to those now living; but greater still to generations to follow, when it will be enjoyed in its more mature beauty.

Not one of the least gratifications connected with a visit to the Park is the police regulations; dressed in a gray uniform, the police are stationed in every portion of the Park, to prevent depredations on the shrubbery and instantly correct any disorder on the part of thoughtless or momentarily excited persons; to check fast driving and riding, so that nothing may occur to mar the pleasure or safety of an excursion to the Park. Great care is taken to exclude wagons, or persons carrying bundles, or drunken people. And in case of accident to vehicle or horse, the police are always at hand to give all the assistance possible or required; and ready also, to give courteously, any desired information.

The community were fortunate in the appointment of the gentlemen who should have the control over the construction of the Park, and over the expenditure of the millions which it would require to complete the great work. Well have they performed their high trusts, and their names are worthy of being placed on public record; they are, Charles H. Russell,

Thomas C. Fields, R. M. Blatchford, J. F. Butterworth, A. H. Green, Waldo Hutchins, H. G. Stebbins, Moses H. Grinnell, and Mr. E. P. Barker, Assistant Secretary, to whose ready courtesy we are indebted for statistical items in advance of the sixth annual report, for the year ending with December 31st, eighteen hundred and sixty two.

BOATING IN THE PARK.

Omnibus-boats give a ride around the lake of twenty acres for ten cents. "Call-boats" for private parties, admitting but six persons, are had at reasonable rates.

ACCESS TO THE PARK.

The Sixth Avenue cars leave the Astor House every two minutes, and for five cents convey you to the entrance of the Park on Fifty-ninth street, where carriages, holding four or more persons, will spend an hour in riding around and about the Park for two dollars. Vehicles for one or two are less. The Third Avenue cars leave the front of the Astor House every two minutes, and for six cents convey passengers to Seventy-first street, whence they can walk across to the Park, half a mile distant. Those who take this route can more readily walk over the Park, being put down near a central position; but we have not seen accommodation-carriages at that point.

It is interesting to notice the varying character of the persons who visit the Park at different times. The comers before breakfast are chiefly ladies and gentlemen on horseback; we see them from our study-window as early as four and a half o'clock of a summer morning. Those who come after breakfast may be classed generally as strangers in the city; these come in vehicles. About four o'clock of a May afternoon, the head of the cavalcade of fashion is first seen increasing in number steadily and rapidly, for about two hours; there are a few on horse, but the great body are those whose liveried coachmen and splendid span, and faultless turn-outs, plainly show them to be the *élite*, the millionaires, the aristocrats of the hour.

But the "great exhibition," we are sorry to say, is on Sundays. Thither thousands, and tens of thousands (sometimes) of pedestrians wend their way. The most numerous class is the quiet, economical German, alone, or with his wife and

children; respectable and worthy citizens, accustomed to spend at least a portion of the Sabbath in this way, in the fatherland, they think it no harm. Americans who walk out to the Park on Sundays are mostly, to all appearance, of a low class, wild, rough, and rowdyish. Now and then a respectable-looking man is met going or returning, but he is either an invalid, a stranger, or some person of no special social position, usually.

The riders to the Central Park on Sundays embrace all classes of society, except the better class of citizens. In a mile and a half walk on Fifth Avenue, from dwelling to church, on a Sabbath afternoon, requiring less than half an hour, we have repeatedly counted over two hundred vehicles. But we do not remember to have seen a liveried turn-out, or to have recognized a respectable New-Yorker. The vehicles are of every size, age, shape, and pattern under the sun, holding from one person to a dozen; but whether sulky, barouche, gig, phaeton, or carriage, all have the "hack" look, showing they were hired, consequently were occupied by strangers, clerks, apprentices, journeymen, and fast young men generally; further indicated by the inevitable segar stuck in the mouth, slouched hat, boisterous mirth, a commonish look in the face, and a rowdy demeanor generally. Such, at least, is the impression left on the mind after they have passed along. The Sunday visitors to the Park, whether on foot, horse, or carriage, are evidently not the most elevated and refined members of our community.

The position of the most interesting and prominent localities of the Park is as follows:

Fifty-ninth street is the southern or nearest the city proper boundary of the Park.

Sixty-third street passes centrally an open ground of ten acres.

Sixty-eighth street crosses the beautiful "green" of fifteen acres, also the splendid "Mall."

Seventy-fourth street divides the skating and rowing lake of twenty acres; also the site of ornamental water, in connection with the Conservatory.

Seventy-seventh street crosses centrally the lovely "Ramble" of thirty-six acres.

Eighty-third street divides the old reservoir of thirty-five acres.

Ninety-first street bisects east and west the new reservoir.

One Hundredth street crosses an open ground of twenty-three acres.

The Central Park was laid out by Frederick Law Olmstead, a native of Hartford, Connecticut, after having visited the chief pleasure-grounds of Europe, and we may well suppose that it combines the beauties of them all. Lieutenant E. L. Viele, now General Viele, of the Union Army, was the original Engineer-in-Chief, which office is now ably filled by William H. Grant, Esq.

By all means let that portion of the Park be visited as a matter of suggestive interest, lying between One Hundred and Sixth and One Hundred and Tenth streets, embracing an area of seventy-three acres, containing a rock and a swamp; for surveying which, somebody charged the city thirty-two thousand dollars.

Now, in the heat of summer, the more knowing ones arrange to reach the Park about sun-down, and even later, leaving it about nine o'clock, thus avoiding the crowd and dust and heat of the afternoon, and breathing the cool, refreshing breeze which comes from the broad Atlantic, but a few miles distant, without having to pass over the dense and business part of the city; it is literally the breeze from the sea, all pure and fresh, which visits the Central Park on these beautiful summer evenings. Being near by, we have visited it after night, and find it the resort of families on foot, of gentlemen and ladies, who pass hours together in the most delightful promenades along the sandy shore of some quiet lake, or in some secluded by-path, under low hanging trees; next emerging all at once into a rustic summer-house, fanned by the evening winds; the lights of the distant city shining like so many diamonds of the first water; the stars glitter in the blue sky above, the moonbeams dance on the bosom of the placid lake and clattering rivulet; the cool air is loaded with the scent of sweetest flowers and reverberates the diapasons of frogs; while whispers soft and low, but more luscious than molasses, tell that love is there.

MAKING MONEY

Is about one of the best promoters of health we at present think of; it enlivens the mind, which induces greater bodily activities, and these, as all know, are better than any medicine for the securement of health and the prevention of disease. The same amount of muscular effort, expended in an encouragingly remunerative employment, will do many times more good toward removing and preventing sickness, than if it was merely and solely intended for that end. But it takes more of a man, requires more mind, more moral force, to save money than to make it; the idea being expressed, although in not very elegant phrase, "Any fool or knave can make money, but it requires a wise man to keep it," to save it. In fact, poor Old Richard used to say: "A penny saved is tuppence gained." A man is a man, in proportion to the amount of self-denial he can exercise over himself, in proportion to his moral courage to deny himself as to his appetites and gratifications. Spend-thrifts have none of these high qualities, consequently, the world over, they are contemptuously set aside with the expression: "Oh! he's no account." Where there is most poverty, there is most crime, destitution, disease, and premature death; so that it is not by any means out of place in a journal of health, to suggest what may promote the comfort of its readers and show how they can economize; and when that economy may be practiced without involving self-denial, but actually saves time, trouble, and labor, it is a thing worthy of consideration. Hence, with great confidence, we direct attention to the following article on

HEALTH, COMFORT, AND ECONOMY,

Which are all largely promoted by the use of an apparatus patented within the present year by Warren L. Fish, for boiling, frying, stewing, and steeping food, and toasting bread, with the flame that lights the room, at an expense of gas (at twenty-five cents per hundred feet) of less than two cents an hour; if kerosene oil is used, the cost is still less. There is no dust, dirt, or ashes, and the varying circumstances to which the apparatus is applicable, would be scarcely conjectured at first sight; it is handy for young and old, for sick and well, for the laborer and the student, night or day, summer or winter. A single match will

put it in operation instantly, and in fifteen minutes, cold water is made to boil. Coal is selling, at this writing, at ten dollars a ton in New-York, while at Boston and Cincinnati it is twelve dollars. At these prices a breakfast which it would cost twelve cents to cook in a common range, which is a city cooking-stove, would cost one cent; can be prepared by Fish's lamp at a less cost than the price of the wood necessary to kindle the coal in the range, to say nothing of the trouble of kindling and subsequent cleaning up of ashes, cinders, and the dust over the whole room. Kindling a fire in a stove or range in midsummer, adds greatly to the heat of the whole house, even when the range is in the basement or cellar.

In summer-time, none but actual laborers ought to take any thing for breakfast and supper but cold or toasted bread and butter and a cup or two of hot tea or coffee, which can be prepared at the cost of a cent or two for a whole family. By having one of these lamps, a clerk or student could save ten times or more the price of the lamp in a year, by simply preparing his own breakfast, while persons who board, or go to the country for the summer, would by its use be able to add greatly to their comfort by preparing their own tea or coffee, and little delicacies in case of sickness. But as an article for the sick-room and the nursery, this lamp is invaluable; no mother of a growing family, if she knew its value, would be willing to do without it for a day. The husband who has any manly feeling for the wife of his bosom, and even a slight concern for the lives of his young children, would sooner live on bread and water for a month, if necessary, to save the two dollars requisite to purchase one of these admirable household articles, than to be without one of them for a week, simply because any child is liable to be taken sick any night, and in almost all the illnesses of childhood, warm water is more or less necessary; it is a prompt and perfect cure for

CROUP,

One of the most dangerous of all the diseases of young children, often destroying life in a few hours, simply by having boiling water, with two or three cloths in it, to be applied alternately to the throat, as hot as can be borne with the hand, the feet and hands to be kept warm all the time, the whole

body also being wrapped up warm, and the water not being allowed to dribble on the clothing; this to be continued until the cough is loosened and the little patient breathes easy and falls asleep. By one of these lamps, water can be made to boil in ten minutes, or even less, while if a fire has to be kindled in a range or stove, or ordinary fire-place, a very much longer time would be necessary. But as a convenience for the sick-room in general, Fish's Lamp is literally invaluable. For hospitals, for the tent or barrack of the stationed soldier, for camping out, for picnics, going a-fishing, etc., it is an article of comfort beyond all proportion to its cost. Circulars will be given on application, or sent, free of charge, by addressing Wm. D. Russell, Agent, 206 Pearl street, New-York.

Various articles have been introduced in these pages to the notice of our subscribers, but not until we have seen for ourselves that it was all that was claimed for them, knowing that inventors, patentees, etc., are nearly always too enthusiastic to be truthful, and we were unwilling to be instrumental in palming an imposition on our readers. When requested to notice an article, we always require to be well paid; but we have had occasion to notice books and other things voluntarily, without knowing the proprietors or receiving any compensation for the same before or since, from the sole wish of conferring on our readers a direct pecuniary benefit, and adding to their personal comfort, for between an editor and his habitual readers there grows up a feeling of personal acquaintance and even friendship, without ever having seen each other, and with this there is an instinctive desire for the performance of mutual kind offices. We are not aware that any person who has purchased an article on the faith of our special recommendation of the same, has ever been disappointed; while time, as to ourselves, has but increased the appreciation had, for example, for Worcester's celebrated Hinged Plate Piano; Andrews & Dixon's inimitable low-down grate for open fire-places, burning any kind of coal or wood. Pyle's O. K. Soap we believe the best ever made. Milk sold by the Rockland County and New-Jersey Milk Association, at 146 East Tenth street, near Broadway, drawn daily from farm-house cows, rich, fresh, and unadulterated, all of which the Company guarantees. But now in this number we have four new things to commend, three of which will certainly

save time and toil and money; the fourth will add more to the pure satisfaction and pleasurable feelings of our better nature, than can be obtained at as little cost in that direction, in the wide world besides. Fish's Patent Lamp Heating Apparatus has already been named; its conveniences and advantages have been understated rather than exaggerated. Another labor and money-saving patent is a machine for wringing out clothes after having been washed, or rather it removes the water from the fabrics without the straining which attends the ordinary wringing with the strong hands of stout Irish washerwomen. Ladies know that the most costly laces are deprived of the water by simple pressure or squeezing in the hand; to wring them would be but to ruin, showing clearly that wringing clothes causes a destructive strain. If, then, fine lace lasts longer by having the water simply pressed out of them, any other woven fabric will last longer if the water is pressed out of it instead of being wrung, as commonly practiced. Hence the testimony of hotel proprietors, gentlemen of intelligent observation, and women who are notable housekeepers, and have used the UNIVERSAL CLOTHES-WRINGER for several years, not only in favor of the less injury done to clothing, but of the great amount of labor saved in this, one of the most laborious parts of the weekly wash. One of the important advantages of this wringer over all others is, it has no metal about it to rust or stain the clothing.

Another of the new inventions is remarkable in several respects. It does not save money directly, but it saves time to many a hard-worked mother, and it

SAVES BLOOD!!

By destroying a thousand lives in fifty-nine seconds and three quarters. Another queer truth about it is, that it is the product of a brain which one would think would be the very last kind of persons in creation to have thoughts in that direction. Imagine Raphael or Michael Angelo, or a Rubens, devising the best ways and means of

KILLING A LOUSE.

And yet here is a man who we believe is the most accomplished miniature-painter this country has ever produced, a man whose gentleness of nature has become a proverb among his friends,

and whom to look at one would suppose would not have the heart to tread on a worm or kill a fly, and yet we have known him for several months to turn his back upon his refined and elevating profession, and has spent day and night and dollars in devising a plan for destroying life in so wholesale a manner, that to number it by thousands a day is mere child's work for his discovery. Possibly his mind has taken this direction from the force of the very significant circumstances, that having spent some of the best years of his life in planting and cultivating, in his mountain home in the distant South, one of the most beautiful, productive, and extensive fruit-farms on this continent, and just as he was settling down in his age to drink in its beauties and luxuriate in its luscious products for the remainder of his life, he was hastily driven from it, because he was a "Union man;" and through rain and mud, and inconceivable privation in a winter's journey over mountains, and gorges, and angry floods, with a wife and a large family of children, arrived at last in Cincinnati, with bare life left; thence he came to this city, and went to painting in Broadway, but all the time indulging in and cherishing thoughts of

MURDER! MURDER!

Not of his old secesh friends and neighbors in East-Tennessee, but of all the vermin which infest the persons of humanity, such as lice, nits, and bed-bugs. We have not heard him expatiate on its vital properties as against fleas, because they are never there, but always somewhere else than you hoped or expected to find them; so it would do no good to put a thing "there" to destroy one of the hopping fraternity, when it was sure to be at any other place rather than there. But as much as we liked this murdering artist, after an acquaintance, personal and intimate, for more than twenty years, we had not the faith in his invention which he had, and refused to put it in our journal, which he wanted us to do a month ago; but we wanted the proof positive first. We refused all certificates from commissioners, generals, presidents, and all that, because we knew he was such a clever, good-hearted fellow, that any one who knew him as we did, and there were many such in New-York, would certify to any thing he wanted, and would even lend him money, which of course is the crucial test of human friendship. He

thought if HALL'S JOURNAL OF HEALTH would only speak a good word for him, that it would be the entering wedge of a fortune to him. But that was all to no purpose. We in effect spoke thus to him: "We are old friends; I like you, and believe any thing you say; I believe in the Sanitary Commission; I believe in General I——, and all the other generals and colonels and captains, down to izzard, and even the other side of '&c;,' but I might 'believe a lie,' like that immense host which is said to be 'bound for the land of' —— a certain sable personage whom it is not necessary to name more specifically. I want ocular demonstration." I wanted more. I wanted not merely to know and see for myself that the little twenty-five cent vial of liquid which he handed me would kill every inhabitant, mother, father, and child, of any five heads of the newest comers to the Five Points Mission, in one minute after its thorough application; but I wanted to know, also, whether, if it was so powerful to do all that, it might not be strong enough to kill the child too, after a few applications. So I asked to know its constituents, that I might prepare some myself, and examine into their nature, and the nature of their chemical products, because two substances may be singly harmless, yet united be deadly. Air is simple and pure; oxygen is the very life of all things that breathe, and yet add a portion more of oxygen to a given amount of air, and it becomes aqua-fortis, one of the most corrosive poisons in nature, for if swallowed, it destroys life instantly. But even if the chemical compound was as hurtless as either of its constituents, and was as efficacious as it was claimed to be, yet I had before me some of the tricks of trade daily practiced by men who sell patent medicines, bitters, sarsaparillas, etc., for they will come to a chemist with a genuine article, pay him five, fifty, or five hundred dollars for his analysis and certificate. All that seems plain sailing; but then, there was this drawback: that was the only "true blue" bottle ever manufactured, or intended to be; all the others were to be made of molasses and water, or of alcohol and tanzy, indefinitely diluted with cold water. But said he: "Doctor, you know me, and I know you, but if I tell it to you, it will no longer be a secret; it might leak out, and my fortune would be lost." That was very true, but I solved the knot by assuring him that I would not tell my wife about it. He was at once satisfied, made

a clean breast of it, I obtained the materials, mixed them together, and lo! and behold, all was right. But it was not enough. I had neither time nor inclination to be fooling about in making

A LOUSY EXPERIMENT.

I said to him: "Go down to the Five Points. Mr. Barlow has plenty of subjects new and fresh every day; then bring me a letter in the handwriting of that morally brave, that good, energetic, heroic, and self-denying man, and then I will see about it;" and sure enough he brought me yesterday, July 10th, 1863, the following in black and white, dated Five Points House of Industry, New-York, July 10th, 1863:

"FIVE POINTS HOUSE OF INDUSTRY, NEW-YORK, July 10th, 1863.

"J. W. DODGE: DEAR SIR: I have this morning made a special test of your Infallible Vermin Exterminator upon some of the children in this Institution, in order to ascertain how quickly your specific will act in the destruction of the vermin, and find, by personal observation, that in one minute after the fluid is applied, the lice are all dead, and the relief complete. The life of the nits is always destroyed by a single application of the Exterminator. I place a high value upon your remedy, and recommend it as the best article I know of as a vermin destroyer.

"Yours truly, B. R. BARLOW, *Superintendent.*"

With this we dismiss the subject, with the remark that the liquid is most purely vegetable, contains not an atom of mineral, mercury, oil, or opium; an infant might be bathed in it without any injury whatever; besides, it cleanses whatever it is applied to; is the most universally used as a hair tonic and scalp-cleaner, as to its chief article, than any other hair-wash in existence. The strong presumption is that it is as good for destroying the various vermin which infest beasts as well as men. It instantly kills and keeps away bed-bugs as well as the genus louse. It has been officially tried on the horses in the army; with like effect as to the heads of children.

Since writing the above, Mr. Dodge assures us that it is the greatest blessing in the world for

Poodle dogs,
Pet birds, and
Tom-cats,

as it rids them of fleas in an extraordinarily short space of time; and that henceforward ladies may kiss and fondle them, and


carry them on their bosoms with impunity, having the assurance that they will not be flead, since "Dodge's Infallible Vermin Exterminator" is in the house.

Doubtless time will prove that it is efficacious for the destruction of all vermin and insects, whether they infest domestic animals or In fact, there is evidence to believe that the Exterminator is

A UNIVERSAL BOON.

It will doubtless be found in all the drug-stores in the nation, at twenty-five cents a bottle, which contains enough for five heads. In the language of Burns, will be efficacious in places where, heretofore,

"Nor horn nor bane
Ne'er dared unsettle
Their thick plantations."

 Sold, wholesale and retail, at 831 Broadway, New-York.

THE PATENT POCKET STEREOSCOPE

is the novelty already referred to, which, although it is not pecuniarily valuable, is pleurably so, because it is really a

STEREOPTICON IN EVERY HOUSE.

It gives you as much the real appearance of any place stereoptically or photographically taken, as if it were the reality looked upon by the actual living eye. Such at least it appears to us to do; with the incalculable advantage that the pictures can be looked at *just as fast as any one desires to pick them up from the table* and hold them before the eye; no other adjustment is needed; hence it is a source of the most agreeable and pleasurable amusement, and is as inexhaustible as the supply of stereoscopic pictures; and these already are for sale in our shops, having been taken in all parts of the world of note enough to be visited by travelers. In short, a man can see all the grand sights of the world at the expense of one dollar or over, according to quality and the price of the pictures, and yet remain in his own parlor; he can look at them over and over again with unwearrying satisfaction, the greater if he has ever seen them once, because he recognizes them as old friends, and they thus bring back delightful reminiscences of the

"Days of auld lang syne."

FRIENDS OF SOLDIERS.

On a late march one thousand soldiers were sun-struck; one hundred died. Green leaves in the hat would have prevented all. The son of a New-York capitalist generously gave his shelter to a sick comrade, and remained in the rain all night, with his feet in the water, sickened and died. "Soldier Health," twenty-five cents, by the editor of Hall's JOURNAL OF HEALTH, shows how the soldier may avoid sickness; how act in emergencies; to staunch a wound with a stick, if left alone; to arrest a common army disease with a bit of cloth; to heal a cut with a little powder; and a hundred other expedients, which, if read over attentively, could be carried in the head, and applied from memory. No man ought to go into the army without reading and impressing its contents on the mind.

 PARTICULAR NOTICE.

Subscribers will please understand that the size of the JOURNAL from the first has been twenty-four pages of reading matter. We have not allowed advertisements to encroach on that space; on the contrary, by setting up our Health Tracts in small type, we have given each year from ten to twenty more pages of reading matter than we engaged to do, and all this without increasing the price of our JOURNAL as almost all publishers have done. In this way our subscribers can not lose by the advertisements we give, while they may be largely benefited pecuniarily.

 NOTICES.

ARTHUR'S HOME MAGAZINE, \$2 a year, 323 Walnut street, Philadelphia, Pa., is the most unexceptionable periodical in this country for general family reading; *always* on the side of purity, virtue, and a blameless life. No household can take it without being instructed and made more happy by its chaste and pure teachings.

BLACKWOOD'S MAGAZINE, \$2 a year, reprinted by Leonard Scott & Co., Walker street, New-York. If taken with the four reviews, *Edinburgh, Westminster, North British*, and the *London Quarterly*, all are furnished for \$10 a year. These publications are written for by the best and most finished scholars in Great Britain, and merit a wide circulation, especially among gentlemen of wealth and education.

GODEY'S LADY'S BOOK, \$3 a year, Philadelphia, Pa., has not only outlived, but has surpassed all the pictorial monthlies of its kind. Nothing short of a very wide circulation could sustain an issue got up with such a great expense, with such an elaboration of embellishments, fashion-plates, and colored engravings; to say

nothing of the practical utility of its reading matter in reference to domestic matters, on cookery, crochet-work, chemistry, fashions, rural items, plans, illustrations, etc., with its health department by its permanent contributor, Dr. J. S. Wilson.

HARPER'S WEEKLY, illustrated, \$2 a year. *Harper's Monthly*, which alone is \$3. Both are furnished for \$4 a year.

PORTRAIT MONTHLY of the New-York *Illustrated News* of the "Men of the Times." Single numbers, 10 cents; or \$1 a year. Number one contains the likeness of twenty-five men of eminence, North and South. We trust it will have a wide sale. There is not a likeness in the last issue which is not instantly recognized.

WE willingly call attention to the *American Phrenological Journal*, issued monthly, at \$1.50 a year. We always open it with interest, as an important key to the understanding of human character, worth more than any other item of knowledge toward securing in life pecuniary success or a great name. Published by Fowler & Wells, 308 Broadway, New-York.

BRAITHWAITE'S RETROSPECT is published semi-annually for \$2 a year, an 8vo of 650 pages, semi-annual numbers, \$1.25 each, by W. A. Townsend, No. 30 Walker street, New-York. Each issue contains all that is new in medicine and surgery for the previous six months, an epitome of medical progress throughout the world, and is of great practical value to every physician.

THE American Tract Society, 28 Cornhill, Boston, and No. 9 Bible House, New-York, have issued in comely style the following books for children's reading: *Lessons from Insect Life*, which adults can not peruse without being edified in heart as well as in mind; *The Happy Home*; or, *The Story of Annie Lyon*. A touching narration. *Harry*, containing "The Two Homes," "The Village Store and Sign," "The Minister," etc. *The Babes in the Basket*; or, *Daph and her Charge*. A true narration connected with the massacres of St. Domingo. It will intensely interest every reader; an impressive lesson of single-heartedness and fidelity, and its reward on a dying-bed. *The Pilgrim Path*, being interesting incidents in the experience of Christians, with earnest words from many who love the Lord. This is just such a book as ought to be multiplied by the million, for humble growing Christians can feast and feed upon it every day. *Following after Jesus*; or, a Memorial of Susan Maria Underwood, by Mrs. Eliza H. Anderson. Christian biography, conscientiously and truthfully written as this volume is, is one of the best educators to a Christian life next to the Bible, and books like these can be profitably read and practically used by all—rich and poor, young and old.

MOSES AND THE PENTATEUCH: A Reply to the Bishop of Colenso, by the Rev. W. A. Scott, D.D., late Moderator of the O. S. Presbyterian Church in the United States. Just published by William Freeman, 102 Fleet street, London, and Hugh Barclay, 26 Temple street, Birmingham. This new contribution to Christian literature by the reverend author, formerly of New-Orleans and late the eminent and successful pastor of the Calvary Church of San Francisco, is an additional evidence of the industry and ability of an eminent clergyman. The London *Christian World* says of it, that it "is evidently composed by a man of superior intellectual attainments and historical knowledge;" and the Glasgow *Herald* (Scotland) testifies: "It is bold and decided in its tone, and will speak for itself as no ordinary orthodox exposition, and a valuable addition to theological literature." The many friends of Dr. Scott, and especially the large number of families and gentlemen in

New-York City who once sat delighted under his ministry in New-Orleans, (the editor being one,) will be greatly pleased to learn that their old pastor and friend, with his family, except a gallant son, an officer in the Union army, have reached New-York in health and safety. Of course, a man of such ability would be caught up in a week after his return to our shores, and he is supplying the pulpit of the Rev. Dr. Van Wyck, in Brooklyn, until September. Thrice fortunate will be that people who will haste to secure his permanent ministrations.

POST-OFFICE NOTICE, OFFICIAL.—The fifth sub-division of the forty-second instruction under the new Post-Office law is hereby amended by striking out the word *twelve* and inserting *thirty-two* before ounces, so that it shall read as follows: "The weight of packages, of seeds, cuttings, roots, and scions to be franked, is limited to thirty-two ounces." By order of the Postmaster-General,

ALEX. W. RANDALL,

WASHINGTON, July 6th, 1863.

First Asst. Postmaster-General.

In order that our readers, who are not officially connected with the mail service, may have a full understanding of the changes in postal matters effected by the new law, which went into operation on the first of the present month, we give below a condensed summary of those of its provisions of which it is necessary for persons using the mails to "take due notice and govern themselves accordingly:"

1. The rate of postage on all domestic mail letters to be carried any distance within the United States is now three cents per half ounce or fraction thereof, to be prepaid by stamps. The former rate of ten cents to California, Oregon, and Washington Territories is abolished.

2. All local or drop-letters must hereafter be prepaid by stamps, at the rate of two cents for every half ounce or fraction thereof, instead of one cent each, as heretofore.

3. The postage on transient newspapers and periodicals, sent in one package to one address, is now two cents for each four ounces or each fraction thereof, to be prepaid by stamps; on books, double that rate. The postage on single transient newspapers not weighing over four ounces is now two cents.

4. The rate of postage on circulars is now as follows: Three or any less number may be sent, unsealed, to one address, at the single rate of two cents, and in that proportion for a greater number, adding one rate for every three circulars directed to one address. They can no longer be sent at the former rate of one cent each. No extra charge is now made for business cards stamped or printed on the envelopes of circulars.

5. The former carriers' fee of one cent on each letter delivered is abolished. Hereafter, carriers collect nothing, except such unpaid postage as may be due on the letters delivered by them.

6. The extra one-cent stamp formerly required on all letters deposited in lamp-post boxes and branch stations is no longer necessary.

7. All communications to any officer or department of the Government, (including the President,) written by a private citizen, whether on "official business" or otherwise, must now be prepaid by stamps.

8. A fee of twenty cents (instead of five, as heretofore) must hereafter be paid on each registered letter in addition to the postage.

9. The letter can not be forwarded without a charge of extra postage when it has once been mailed according to its original address.

There is now no use for one-cent postage stamps.

ESCAPING FROM FIRE.

HUMAN life has been often thrown away from persons not taking the precaution to accustom their minds to dwell at times on the proper method of acting in emergencies; from want of this, many rush into the very jaws of death, when a single moment's calm reflection would have pointed out a certain and easy means of escape. It is the more necessary to fix in the mind a general course of action in case of being in a house while it is on fire, since the most dangerous conflagrations occur at dead of night, and at the moment of being aroused from a sound sleep the brain is apt to become too confused to direct the bodily movements with any kind of appropriateness, without some previous preparation in the manner contained herein. The London Fire Department suggests, in case the premises are on fire, to,

1. Be careful to acquaint yourself with the best means of exit from the house, both at the top and bottom.

2. On the first alarm, reflect before you act. If in bed at the time, wrap yourself in a blanket or bedside carpet. Open no more doors than are absolutely necessary, and shut every door after you.

3. There is always from eight to twelve inches of pure air close to the ground; if you can not, therefore, walk upright through the smoke, drop on your hands and knees, and thus progress. A wetted silk handkerchief, a piece of flannel, or a worsted stocking, drawn over the face, permits breathing, and, to a great extent, excludes the smoke.

4. If you can neither make your way upward nor downward, get into a front room; if there is a family, see that they are all collected here, and keep the door closed as much as possible, for remember that smoke always follows a draught, and fire always rushes after smoke.

5. On no account throw yourself, or allow others to throw themselves, from the window. If no assistance is at hand, and you are in extremity, tie the sheets together, having fastened one side to some heavy piece of furniture, and let down the women and children one by one, by tying the end of the line of sheets around the waist, and lowering them through the window that is over the door, rather than one that is over the area. You can easily let yourself down after the helpless are saved.

6. If a woman's clothes catch fire, let her instantly roll herself over and over on the ground. If a man be present, let him throw her down and do the like, and then wrap her up in a rug, coat, or the first *woolen* thing that is at hand.

Of the preceding suggestions, there are two which can not be too deeply engraven on the mind, that the air is comparatively pure within a foot of the floor, and that any wetted silk or woolen texture thrown over the face excludes smoke to a great extent; it is often the case that the sleeper is awakened by the suffocating effects of the smoke, and the very first effort should be to get rid of it, so as to give time to compose the mind, and make some muscular effort to escape.

In case any portion of the body is burned it can not be too strongly impressed on the mind that putting the burned part under water, or milk, or other bland fluid, gives instantaneous and perfect relief from all pain whatever; and there it should remain until the burn can be covered perfectly with half an inch or more of common wheaten flour, put on with a dredging-box, or in any other way, and allowed to remain until a cure is effected, when the dry, caked flour will fall off, or can be softened with water, disclosing a beautiful, new, and healthful skin, in all cases where the burns have been superficial. But in any case of burn, the first effort should be to compose the mind, by instantaneously removing bodily pain, which is done as above named; the philosophy of it being, that the fluid, whether water, milk, oil, etc., excludes the air from the wound; the flour does the same thing; and it is rare indeed that water and flour are not instantaneously had in all habitable localities.

SAVING MINISTERS.

It has been lately proposed in the public papers, as a means of preserving clergy-men for a longer use, to a greater age, that while they are young, they should not be expected to do so much, as is now required of them; that for the first five years of their ministry, only one sermon on the Sabbath should be given. Not one minister in a million is ever disabled by hard study, or dies prematurely from that cause. A far better plan would be to require them to preach every day and Sunday too, for the first years of their ministry, and "as ye go, preach;" take circuits, and preach in destitute places, five, or ten, or fifteen miles apart; a sermon a day on an average, the year round; and two or three on Sundays, the oftener the easier; the advantages are, that they would become acquainted with the country; would be brought into personal contact with a great variety of persons; would see human nature in its multitudinous phases; and thus in after-life would be able to read a book, more instructive to them than any other, except the Bible; and reading it well, would put in their hands a key which would unlock the human heart, and give them so complete an access to it, that the people would say: "Never man spake like this man." "He told me all that ever I did." Patrick Henry owed his greatest power to what he learned of human nature by talking to all sorts of people in his little country store. Another advantage is, that this daily active out-door life, breathing the pure air for almost all of daylight, would enable them to work off that diseased bodily condition, which is generated in theological seminaries; and would so knit and compact the constitution, so renovate it, not only by the exercise, but by the change of food and association, as to lay the foundation for many years of healthfulness in the future. It is impossible for an intelligent man to doubt for an instant, that four or five years spent, in riding every day on horseback, in the open air, with the accompanying and exhilarating mental exercise required in preaching, would be as certain to build up the constitution, as spending from morning until night in confined rooms, and eating heartily all the time, without any systematic exercise, would pull it down, and destroy it. There is nothing perplexing, or mystic, or mind-racking in ordinary ministerial duty; it is more of calm contemplation, like that of the natural philosopher, the longest-lived of all other classes, as statistics say; they study the works of God; the clergy study his word; which is a surer "word of prophecy" and a plainer. The destroyers of our clergy are not hard study; not the difficulties connected with their calling; but reckless and unnecessary exposures; irregular efforts; wrong habits of eating; unwise neglect of wholesome bodily exercises; bad hours of study, and a criminal inattention to the securing of those bodily regularities, which are indispensable to health the world over. Preaching often, does not kill; look at the Whitefields and the Wesleys and multitudes of others like them; confinement even, does not kill: Baxter and Bunyan and many more lived in jails for years together, and that too without opportunities of exercise—for their living was plain, and that not over-abundant, nor tempting either!

CIVIL AND MILITARY DEATH-RATE.

THE only son of a New-York capitalist entered the army as a private, aged eighteen. In an outburst of youthful generosity he resigned his own shelter in behalf of a poor soldier and slept in the rain, with his feet resting in a little stream of water, and died in a few days. In a recent march of the Army of the Potomac one thousand soldiers were sun-struck, of which number about one hundred died within twenty-four hours. In both cases, the son and the soldiers died from ignorance. A few green leaves or a silk handkerchief in the hat would have prevented those sun-strokes; had the young man known the necessity of sleeping with dry, warm feet, he would have lived. These two items, with more than a hundred others, are detailed in our twenty-five cent book on "Soldier Health;" the object being to name in each rule, in as few and as plain words as possible, the means of guarding against sickness, of remedying disease, and treating various kinds of wounds with the means which any soldier *is sure to have about him*. The book does not presuppose the sick or wounded man is in a populous city or on the floor of a drug-store; but takes it for granted that he is alone in the woods, or wounded and lost or forsaken on the battle-field, and shows him how, with his ramrod or a stick and a strip of his shirt, he can staunch the severest wound; or how, with a little powder, he may avert instant death; or with a bit of cloth can arrest one of the most fearful of diseases. Short explanations of the reason of these things are given, so as to impress the idea on his mind, and thus carry the contents of the little work in his head; for even a watch-fob volume is an incumbrance on a march or in a fight. Intelligence is the best life-preserver. The largest city in the civilized world is healthier than its surrounding agricultural district. The aristocratic regiment of New-York was gone a month or two to the war, and returned with the loss of but one man in eight hundred, and he died of heart disease of long duration. Of some ninety persons who went to the army in various capacities from one church, no more died of all causes than among an equal number at home. These things seem to show that intelligence, especially connected with social elevation, are promotive of health; and considering that an active, out-door soldier's life works disease out of the system, especially where there is no addiction to social vices, there is good ground for believing that even with the addition of the casualties of war there need not be any more deaths in a given time among a given number of men than there would have been in the same men had they remained at home. With these views, every parent who sends a son or relative to the war, should first place in his hand some succinct, reliable little book; not to be taken along so much, but to be read over, mastered, and remembered, so that he may know how to act in an emergency; how to act in case of being wounded or taken sick in some desolate place. Attention to this suggestion might save many a life. The lowest death-rate reported from a civilized community is twelve out of a thousand in one year. It is twenty-two per thousand for all England; twenty-four for the United States, and twenty-eight cases of sickness for each death.

HEALTH TRACT, NO. 160.

ONE BY ONE.

"ONE by one the leaves are falling,
One by one the moments fly;
Thus to thoughtless mortals calling,
They may soon be called to die."

As our minister was ascending the pulpit on a beautiful and bright Sunday morning of the mellow autumn, the thought occurred to us: "Will he ever die?" He had been doing the same thing for many, many years; and in all that time did not seem to have become any older; yet we knew there was a fatal canker at the root; the next summer he died! And there was the mother of Isabella Graham. She sat in the same pew with us. Time passed on. Neither did she seem to be getting any older; and when her minister would come down from the pulpit after service she would make her way through the crowd to shake hands with him, as if to say: "I have been fed to-day." One day she was seen to be at unusual pains to greet him; but it was for the last time on earth, for they met soon thereafter in heaven! And there was Elder G. He was in the prime of life; we sat in the same aisle, met him many a time in the course of years; never spoke to him, never knew his name; but there was holiness and meekness and a high intelligence in his face, which at the first glance or two caused us to put him down in the book of our remembrance as a sainted man. And so it came that, having scattered for the summer and coming back in the autumn, this and that familiar face was seen in the accustomed pew; but the weeks wore on toward winter, and still the gentle, unpretending, unassuming elder was not there; he had gone to heaven! Just before us there used to come an old lady, only of a Sabbath morning; so decrepit, so feeble, that each day we thought it would be her last in the earthly sanctuary; but she came on. Winter and spring and summer and autumn came, and she did too! as if years ceased to make any further impression on the frail and tottering frame. But we never saw her again.

Not a month ago a mother in Israel sat behind us; no summer's sun, no winter's snow ever kept her away. The petted child of fashion and fortune from earliest infancy, she still knew no deeper joy, and considered it a duty and a privilege, as it was her delight, to mingle her songs and prayers with the Church on earth and in heaven, as a token of her being one of the children of the Great King. Who shall say that she has not met with us for the last time? And there, too, are the refiner brothers. As for many years ago, they walk side by side to the Sabbath sanctuary with the same quick step, the same open, manly, fearless look; their faces always mantled with a smile, as of peace within. Every Sabbath unfailingly have they made their way to the elder's splendid mansion on "the avenue," apparently as indivisible in their home affections as in their business and their princely charities, even to scores of thousands at a time, and that too for these many years past. But what a void there will be when one of the great and noble-hearted twain shall come to the church alone; the "one" brother "taken, the other left," to be lamented as well as "missed" by a Church which numbers half a million of communicants! And not for long shall he who writes sing the last hymn, bow in the last benediction, and turn his back upon the earthly altar to come in again no more forever; for like those before, we too are passing away—

"One by one."

VICES OF GENIUS.

COLERIDGE was such a slave to liquor, that he had to be kept an unwitting prisoner by Christopher North on an occasion when some literary performance had to be completed by a certain time; and on that very day, without even taking leave of any member of the family, "he ran off at full speed down the avenue at Elleray, and was soon hidden, not in the groves of the valley, but in some obscene den, where, drinking among low companions, his magnificent mind was soon brought to a level with the vilest of the vile." When his spree was over, he would return to the society of decent men.

De Quincey was such a slave to the use of opium, that his daily allowance was of more importance than eating. "An ounce of laudanum a day prostrated animal life during the forenoon. It was no unfrequent sight to find him asleep on the rug before the fire in his own room, his head on a book, his arms crossed on his breast. When this torpor from the opium had passed away, he was ready for company about daylight. In order to show him off, his friends had to arrange their supper-parties so that, sitting until three or four in the morning, he might be brought to that point at which, in charm and power of conversation, he was so truly wonderful."

Burns was not less a drunkard than Coleridge. It was the weakness of Charles Lamb. And who can remember the last day of Poe without an irrepressible regret? He was on his way to marry a confiding woman, stopped in Baltimore, and was found, by a gentleman who knew him, in a state of beastly intoxication, unconscious as a log, and died that night in the ravings of *delirium tremens*.

Douglas Jerrold was a devotee of gin. Byron was a tippler, and his vile *Don Juan* was the inspiration of rum, as might well be supposed, for its indecencies make it unfit for any woman to read. Steele, "the brilliant author of the *Christian Hero*," was a beastly drunkard. Men wrote of him that "he would dress himself, kiss his wife and children, tell them a lie about his pressing engagements, heel it over to a groggery called 'The Store,' and have a revel with his bottle companions." Rollin says of Alexander the Great, that the true poison which brought him to his end was wine. The Empress Elizabeth of Russia was completely brutified by strong liquors. She was often in such a state of bacchic ecstasy during the day, that she could not be dressed in the morning; and her attendants would loosely attach some robes, which a few clips of the scissors would disengage in the evening.

Let every man, especially those in public life, who desires to avoid a drunkard's death, remember that he is on the crumbling verge of such an infamy when he begins to feel that in order to prepare himself, the doctor for a consultation, the lawyer for a cause, the clergyman for a sermon, the politician for a speech, he must take a pint of coffee, a cup of strong tea, a glass of brandy and water, or a plug of opium; and the self-same moment of that discovery let him put his foot down, raise his hand, and swear, that by the help of God he will never taste another grain or drop as long as life remains. This is the only safety.

LEAVING HOME.

WHEN a child leaves home for the first time, after having had the parental eye to watch every footstep, and guard against every danger and harm ; when for the first time that ceaseless, sleepless, affectionate care has to be withdrawn, whether that absence is to be for a day, a week, a month, or longer, there is a painful anxiety to give such counsels as may meet the circumstances which are most likely to present themselves. A physician's mind, deeply impressed, as it must be, by the frail tenure of human life ; knowing, as he does, the trifling circumstances which frequently put an apparently healthful child in the grave in a few days, labors, not to tell all that may be requisite to insure a safe return, for that would burden the memory, would confuse the mind, or be soon forgotten ; but aims to present a few important points, some wide-reaching general principles, or three or four practical facts, which may impress themselves upon the mind and fasten upon the memory of the youngest or most thoughtless.

The thing which may quickest kill, is eating a hearty supper, especially the first one to be taken after reaching the place of destination ; for while the journey is sure to give an increased appetite, the bodily exercise and mental excitement connected with it, leave both in a debilitated or exhausted condition ; while the thought of being from home, away from father and mother, and more or less among strangers, causes an oppressive depression of spirits, which altogether leaves a person precisely in that condition least capable of resisting very slight causes of disease. Hence, if the stomach is overloaded, and a cold room should be occupied, or an unused bed, or damp sheets, an attack of bilious colic, or uncontrollable diarrhea, convulsions, or fatal pneumonia may very easily destroy life in twenty-four hours. Hence, give a short, clear, succinct injunction :

1st. Never take any thing whatever for supper, while from home at least, but a single cup of weak tea or glass of water, and one piece of cold bread and butter.

2d. Eat only at regular meal-times.

3d. Cut up your food in very small pieces and eat slowly.

4th. Give instant attention to nature's calls, (explaining what these are.)

5th. The moment you cease play or exercise, or come in from walk or ride, go close to the fire for five or ten minutes, if it is fire-time ; but if warm weather, spend the same time, or longer, in a closed room, until no perspiration is felt on the forehead.

6th. Never stand a moment in a damp place or retain a damp garment, or sleep near an open door or window.

FIFTH AVENUE SIGHTS.

A STREAK of white petticoat is one of the most refreshing sights to be met with on the great thoroughfare of fashion, folly, and snobbery, because it is a pretty sure index that the wearer of the same possesses those characteristics of the sex, which make of a true woman the priceless being that she is; and first of all, that personal purity, which emanates from a pure heart and an exalted nature. When, in the fashion of the times, a woman shows her petticoat on the street, it indicates the possession of force of character, of independence of thought, and a consciousness of tidiness, which of itself extorts our admiration and commands respect.

In our morning walk down-town the other day, we noticed that some careless footman had trod on an immense green worm and smashed it all abroad into a jelly; then there was a demonstration that some hound or whelp or cur of low degree, had taken an emetic; and a little farther on, that same or other, with the beef cattle which are every morning driven along the avenue, and for some reason best known to themselves, prefer the sidewalk, had made other unseemly exhibitions; while almost everywhere was seen the foul tobacco-spit of some human beast; or the product of a consumptive cough; or a blow from a nose, not emptied before within twelve hours. In the course of an hour or two, the "prime part" of all these abominations is deposited on the velvet carpets which spread the parlors of the regal mansions lining the magnificent thoroughfare, by means of the trailing dresses, which senseless and inexorable fashion demands of her idiotic votaries. A part of the above filth is flapped by the dress against the stockings, gaiters, and petticoat of the wearer, the fumes of the detestable compounds rising upward about the person, saturating the clothing, and making the individual, however magnificently dressed, really unfit to be approached with a forty-foot pole.

Our ladies will take a bran new dress of the most faultless figure and most costly material, and walk the streets with its first wearing; the inner edge of the lower portion of the dress trails on the pavement, and in an hour is irretrievably stained and soiled, and begrimed; it may be only the lining; but it dries on it, and there remains, unless the ladies renew the lining at every wearing; but whose cheek would not mantle with shame, if this same portion of the dress was stretched out for exhibition? A true woman abhors dry dirt as much as dirt that is wet; and would feel a conscious degradation if she knew the inside of an otherwise faultlessly clean dress was soiled, while she makes it of more account to have her inner garments, and the most undermost clothing the sweeter and the cleaner the nearer they approach her person. Holding up the dress, and displaying a snow-white petticoat, prevents all this; and tells plainly that the wearer is a true woman; tidy, pure, and independent in thought. But not one in a hundred has force of character, or thoroughness enough to raise the dress, even in the few cases where it is attempted; proving clearly that most of the women who promenade the Avenue are slovens, or are among the new rich, and are conscious that the proper holding up of the dress would demonstrate their plebeian origin, in the thick ankle and the immense flat foot.

SICKNESS NOT CAUSELESS.

THERE never can be disease without a cause ; and almost always the cause is in the person who is ill ; he has either done something which he ought not to have done, or he has omitted something which he should have attended to.

Another important item is, that sickness does not, as a general thing, come on suddenly ; as seldom does it thus come, as a house becomes enveloped in flames, on the instant of the fire first breaking out. There is generally a spark, a tiny flame, a trifling blaze. It is so with disease, and promptitude is always an important element of safety and deliverance. A little child wakes up in the night with a disturbing cough, but which, after a while passes off, and the parents feel relieved ; the second night the cough is more decided ; the third, it is croup, and in a few hours more, the darling is dead !

Had that child been kept warm in bed the whole of the day after the first coughing was noticed, had fed lightly, and got abundant, warm sleep, it would have had no cough the second night, and the day after would have been well.

An incalculable amount of human suffering, and many lives would be saved every year, if two things were done uniformly. First, when any uncomfortable feeling is noticed, begin at once, trace the cause of it and avoid that cause ever after. Second, use means at once to remove the symptom ; and among these, the best, those which are most universally available and applicable, are rest, warmth, abstinence, a clean person, and a pure air. When animals are ill, they follow nature's instinct, and lie down to rest. Many a valuable life has been lost by the unwise efforts of the patient to "keep up," when the most fitting place was a warm bed and a quiet apartment.

Some persons attempt to "harden their constitutions," by exposing themselves to the causes which induced their sufferings, as if they could by so doing, get accustomed to the exposure, and ever thereafter endure it with impunity. A good constitution, like a good garment, lasts the longer by its being taken care of. If a finger has been burned by putting it in the fire, and is cured never so well, it will be burned again as often as it is put in the fire ; such a result is inevitable. There is no such thing as hardening one's self against the causes of disease. What gives a man a cold to-day, will give him a cold to-morrow, and the next day, and the next. What lies in the stomach like a heavy weight to-day, will do the same to-morrow ; not in a less degree, but a greater ; and as we get older, or get more under the influence of disease, lesser causes have greater ill effects ; so that the older we get, the greater need is there for increased efforts to favor ourselves, to avoid hardships and exposures, and be more prompt in rectifying any "symptom," by rest, warmth, and abstinence.

HEALTH TRACT, No. 165.

OBSCURE DISEASES.

SOMETIMES a physician is called to see a member of a family, who does not seem to be very sick, nor has become suddenly ill; the ailment appears to have manifested itself very gradually, and with all the powers of observation and comparison no adequate cause can be discovered. No one symptom is predominant in some cases; in others, the combination of symptoms and their character and quality are not like those usually observed. In cases like these, the physician is thrown upon his own resources, and employs remedial means on certain well-established general principles; but without any favorable result; the patient lingers still; then other principles and other remedies are applied, with no more encouraging results. Finally a change of air is advised in the shape of a visit to the country, to the sea-shore, or to the mountains, when the symptoms begin to abate; the patient regains accustomed health and vigor, and returns home reinvigorated to a surprising degree; but, in a short time the old symptoms begin to return, and eventually acquire all their old power over the system.

Sometimes several members of a family are affected in the same way in the main; at others, only a single individual suffers. The reason for this is simply, that some persons are much more sensitive to the causes of disease than others; their constitutions are more susceptible of hurtful impressions. A practical inference may be very legitimately drawn from these statements, which, if heeded, would save many a valuable life in the course of any single year. The rule should be, when a person does not get better under the treatment of a skillful physician, instead of wasting time, and endangering the permanent loss of health, and even life itself, to remove some distance from the locality. Or if a family seems to enjoy good health, and yet a servant or guest comes to remain several days or weeks, but is sure to get sick, the inference is the same, that there is some pernicious agency at work; so long-so in the latter case, that the family have become habituated to it, while the stranger falls under its baleful influence. The wife may suffer and not the husband, because he may spend the larger part of his time from home; or being of a more delicate constitution, she is more impressible by delicate causes. There may be an unknown covered well or sink, or "fill up," under the house; some house-drain may be clogged up, or be broken in; some alterations may have been made in improving or repairing the premises, or new slop-holes formed. A new kind of wall-paper may have been used in a particular room; lead water pipes may have been recently introduced into the house, or may have been injured so as to detain water long enough to cause decomposition. For these reasons, some persons have better health in moving into other houses, on leaving their old ones, and *vice versa*.

HEALTH TRACT, No. 166.

SAYRE, THE BANKER,

Is the happiest-hearted man we ever saw! We met him yesterday in Broadway, the first time in thirty years, when we used to dine with him in the rear of his counting-room; and he didn't look a speck older than when we parted. There was the same cordial, joyous greeting; the same unbosoming of soul and self in a minute; and before we knew it, we thought it was only yesterday. Now, the main well-spring of the big Kentuckian's joyous, genial nature, and apparent defiance of years—for he weighs near two hundred, and is approaching four-score—is his most extraordinary and implicit and childlike confidence in the truth of the Christian religion, and its existence in his own heart. He never had a doubt in his life; and the faith that lives and springs perennially within him, throws sunshine, bright and beautiful, over all he casts his eye upon.

Sayre was an industrious man; he had no clerk, he clerked himself; he had no carriage, he locomoted himself, when locomotion was necessary. This was another element of his gladsome, gleesome nature, to be *always fully busy in doing something that was to purpose*, or that was pressing enough to give the feeling that it must be done, and that an advantage would come of it when completed. Take a lesson from this, ye lazy, lounging, yawning, stretching, idle folk, whose whole life is without end or aim; be busy about something useful or profitable; get out of that miserable, "ennuied" existence of yours, and human life and human kind will wear a different and a happier phase to the end of the chapter. Another reason for "Davy's" (as all his townsmen friendly called him) happy temperament was, that he was always making money; whatever might be the sudden "stringency of the money-market," whatever the breakdowns and reverses and failures and blow-ups, he was always like a cat, sure to come down right side up, because he *never went in debt, never ran any risk*. What a glorious motto for our young men to begin life with; what millions of losses would it prevent; what millions of lives, worse than wasted, would it save, and crushed and ruined hearts, too! Sayre is happy and young in his old age, because he has a heart as big as all out-doors. For nearly half a century his house has been a clergyman's hotel; he has fed and lodged more ministers than any dozen men in the nation; for he and his grand, good wife were always so glad to see them, that they could not only not help going there, but they would pass the word to every "brother" who was going that way: "Put up at old Davy's." He came round to the Sunday-school one day; it was so crowded as to make it inconvenient and uncomfortable. He saw it in a moment, said not a word, but soon after took us round to a splendid new building, costing many thousand dollars, and said to us: "You haven't room enough; this is for your Sunday-school." He visited the theological seminary of his Church. Its library was in a small, cramped-up room. "Now, Humphreys," said he to the President, "we must have a separate building for this library; have it done right away; if you see that it is well done, I will pay the bills." He is happy, because, next to his religion, he loves the glorious Union. His house is the general rendezvous of all the army officers. He raised a regiment himself, and gave every man a sum of money in addition. In the course of his life, he has given five hundred thousand dollars in money, to help along various poor relations, one of whom is now at the very head of one of the learned professions. A Christian, a philanthropist, and a patriot, always temperate, always making money, we can't exactly see why he shouldn't be as happy as the day is long, and always as lively as a young kitten.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. X.]

SEPTEMBER, 1863.

[No. 9.]

PARENTAL CORRECTIONS.

THAT man commits a crime, and so does the woman who will send a child to bed with a wounded spirit, or who shall allow any vindictiveness of feeling to exist in consequence of any thing the child may have done. Sharp-pointed memories have often driven men mad; multitudes are there who are more dead than alive, from the ailings of the mind, which is wasting itself away in vain remorse for the irrevocable past. The fault of most parents is over-harsh reproofs of their children; reproofs that are hasty, unproportioned to the offense, and hence as to one's own child, helpless and unresisting, are a cruelty as well as an injustice. Thrice happy is that parent who has no child in the grave which can be wished back, only if for a brief space, so as to afford some opportunity for repairing some unmerited unkindness toward the dead darling. Parents have been many times urged in these pages to make persistent efforts to arrange two things in domestic intercourse, and to spare no pains and no amount of moral courage and determination, in order that they should be brought about. It may require a thousand efforts, and there may be a thousand failures, as discouraging as they are sad; still let the high resolve go out, "it shall be done!" and the prickling of many a thorn will be spared in after years and in old age. The two points to be daily aimed at are:

First. Let the family table be always a meeting-place of pleasantness and affection and peace, and for the exhibition of all the sweeter feelings of domestic life.

Second. Let every child be sent to bed with kisses of affection, especially those under ten years of age.

All that is on this globe could not hire me to be put in the place of either the father or the mother in the following narration of the former editor of a monthly of deserved repute in its time. The occurrence took place in Boston, about the year 1850, and every detail is minutely and literally true:

"A few weeks before, L. B. H—— wrote to me that he had buried his eldest son, a fine, manly little fellow of eight years of age, who had never known a day's illness until that which finally removed him hence, to be here no more. His death occurred under circumstances which were peculiarly painful to his parents. A younger brother, a delicate, sickly child from its birth, the next in age to him, had been down for nearly a fortnight with an epidemic fever. In consequence of the nature of the disease, every precaution had been adopted that prudence suggested to guard the other members of the family against it. But of this one, the father's eldest, he said he had little to fear, so rugged was he and so generally healthy. Still, however, he kept a vigilant eye upon him, and especially forbade his going into the pools and docks near his school, which it was his custom sometimes to visit; for he was but a boy, and 'boys will be boys,' and we ought more frequently to think that it is their nature to be. Of all unnatural things, a reproach almost to childish frankness and innocence, save me from a 'boy-man!' But to the story.

"One evening this unhappy father came home, wearied with a long day's hard labor, and vexed at some little disappointments which had soured his naturally kind disposition, and rendered him peculiarly susceptible to the smallest annoyance. While he was sitting by the fire, in this unhappy mood of mind, his wife entered the apartment, and said:

"'Henry has just come in, and he is a perfect fright! He is covered from head to foot with dock-mud, and is as wet as a drowned rat!'

"'Where is he?' asked the father sternly.

"'He is shivering over the kitchen-fire. He was afraid to come up here when the girl told him you had come home.'

"'Tell Jane to tell him to come here this instant!' was the brief reply to this information.

"Presently the poor boy entered, half perished with affright and cold. His father glanced at his sad plight, reproached him bitterly with his disobedience, spoke of the punishment which awaited him in the morning, as the penalty for his offense, and in a harsh voice concluded with :

" 'Now, sir, go to your bed !'

" 'But, father,' said the little fellow, 'I want to tell you——'

" 'Not a word, sir ; *go to bed !*'

" 'I only wanted to say, father, that——'

"With a peremptory stamp, an imperative wave of his hand toward the door, and a frown upon his brow, did that father without other speech, again close the door of explanation and expostulation.

"When the boy had gone supperless and sad to his bed, the father sat restless and uneasy while supper was being prepared, and at tea-table ate but little. His wife saw the real cause, or the additional cause of his emotion, and interposed the remark :

" 'I think, my dear, you ought at least to have heard what Henry had to say. My heart ached for him when he turned away with his eyes full of tears. Henry is a good boy, after all, if he does sometimes do wrong. He is a tender-hearted, affectionate boy. He always was.'

"And therewithal the water stood in the eyes of that forgiving mother, even as it stood in the eyes of Mercy, in 'the house of the Interpreter,' as recorded by Bunyan.

"After tea the evening paper was taken up ; but there was no news and nothing of interest for that father in the journal of that evening. He sat for some time in an evidently painful reverie, and then rose and repaired to his bed-chamber. As he passed the bedroom where his little boy slept, he thought he would look in upon him before retiring to rest. He crept to his low cot and bent over him. A big tear had stolen down the boy's cheek and rested upon it, but he was sleeping calmly and sweetly. The father deeply regretted his harshness as he gazed upon his son, but he felt also the 'sense of duty ;' yet in the night, talking the matter over with the lad's mother, he resolved and promised, instead of punishing, as he had threatened, to make amends to the boy's aggrieved spirit in the morn-

ing for the manner in which he had repelled all explanation of his offense.

"But that morning never came to the poor child in health. He awoke the next morning with a raging fever on his brain, and wild with delirium. In forty-eight hours he was in his shroud. He knew neither his father nor his mother, when they were first called to his bedside, nor at any moment afterward. Waiting, watching for one token of recognition, hour after hour, in speechless agony, did that unhappy father bend over the couch of his dying son. Once, indeed, he thought he saw a smile of recognition light up his dying eye, and he leaned eagerly forward, for he would have given worlds to have whispered one kind word in his ear and have been answered; but that gleam of apparent intelligence passed quickly away, and was succeeded by the cold, unmeaning glare and the wild tossing of the fevered limbs, which lasted until death came to his relief.

"Two days afterward the undertaker came with the little coffin, and his son, a playmate of the deceased boy, bringing the low stools on which it was to stand in the entry-hall.

"'I was with Henry,' said the lad, 'when he got into the water. We were playing down at the Long Wharf, Henry and Frank Mumford and I; and the tide was out very low, and there was a beam run out from the wharf, and Charles got out on it to get a fish-line and hook that hung over where the water was deep, and the first thing we saw he had slipped off and was struggling in the water! Henry threw off his cap and jumped clear from the wharf into the water, and after a great deal of hard work, got Charles out; and they waded up through the mud to where the wharf was not so wet and slippery, and then I helped them to climb up the side. Charles told Henry not to say any thing about it, for if he did his father would never let him go near the water again. Henry was very sorry, and all the way going home he kept saying:

"'What will father say when he sees me to-night? I wish we had not gone to the wharf!'

"'Dear, brave boy!' exclaimed the bereaved father; 'and this was the explanation which I so cruelly refused to hear!' And hot and bitter tears rolled down his cheeks.

"Yes, that stern father now learned, and for the first time, that what he had treated with unwonted severity as a fault, was but the impulse of a generous nature, which, forgetful of self, had hazarded life for another. It was but the quick prompting of that manly spirit which he himself had always endeavored to graft upon his susceptible mind, and which, young as he was, had already manifested itself on more than one occasion.

"Let me close this story in the very words of that father, and let the lesson sink deep into the heart of every parent who shall peruse this sketch :

"Every thing that I now see that ever belonged to him reminds me of my lost boy. Yesterday I found some rude pencil-sketches, which it was his delight to make for the amusement of his younger brother. To-day, in rummaging an old closet, I came across his boots, still covered with dock-mud, as when he last wore them. (You may think it strange, but that which is usually so unsightly an object is now "most precious to me.") And every morning and evening I pass the ground where my son's voice rang the merriest among his playmates.

"All these things speak to me vividly of his active life, but I can not—though I have often tried—I can not recall any other expression on the dear boy's face than that mute, mournful one with which he turned from me on the night I so harshly repulsed him. . . . Then my heart bleeds afresh!

"Oh! how careful should we all be that in our daily conduct toward those little beings sent us by a kind Providence, we are not laying up for ourselves the sources of many a future bitter tear! How cautious that, neither by inconsiderate nor cruel word or look, we unjustly grieve their generous feeling! And how guardedly ought we to weigh every action against its motive, lest, in a moment of excitement, we be led to mete out to the venial errors of the heart the punishment due only to willful crime!

"Alas! perhaps few parents suspect how often the fierce rebuke, the sudden blow, is answered in their children by the tears, not of passion, not of physical or mental pain, but of a loving yet grieved or outraged nature!"

But why in this sad case should the mother be called to weep

tears of blood, and be considered a partaker of the father's fault? It was for the criminal want of judgment and consideration on her part. The father had come home wearied and discouraged in connection with the business of the day, was sitting by the fire in a moody state of mind, and the mother bursts in upon him with the announcement of the boy's condition, without acquainting herself with the circumstances, and without uttering one word of extenuation, but presenting the case to the father's mind in the strongest terms of aggravation. No wonder, under all the circumstances, the husband should have fired up, and that he should have been driven on like one unpossessed of himself. Had the mother possessed but a small share of observation, and even a less amount of common-sense, she would herself have inquired into all the circumstances of the case, and began the history by extolling the nobleness of their son; then it would have had a calming, compensating effect on the father's mind; it would have been drawn away from business, and would have nestled itself lovingly amid the darling ones around him.

Even if there had been no extenuating circumstances, she ought to have had wit enough to have respected the humor of her husband; she ought to have seen in a moment that something had gone wrong with him, and should have studiously kept from saying or doing any thing which could by any possibility have roused him into a tempest of uncontrollable passion. There are many other just such thoughtless, hare-brained women, who deserve neither the name of mother nor wife, who seem to glory in dashing at their husbands the instant they open the door, on their return from a hard day's toil, of body or of mind, and with amazing volubility, pour out the mishaps, vexations, and misfortunes of the day, and in a way, too, as if the husband was wholly to blame, although he may not have had the slightest connection with them, in the most remote manner possible.

Another inexcusable folly was in the father threatening to punish the child next day; leaving the little fellow's mind to exaggerate it in his fears, and be a living torture until the end came. Not long ago, we read an account of an editor who sent his little son to an up-stairs room, and had the door locked, with the threat that he would be flogged at the end of a certain

number of hours. True to his word, he went to the door at the appointed time, and in the unlocking of it the child was so alarmed, that he ran to the window, jumped out, and broke his neck. It is the limit of folly and the refinement of cruelty to threaten punishment to a child for a thing done. If punishment is merited, it should be inflicted and then dismissed; yet there are parents not a few who seem to have a malignant pleasure, after children have been reprov'd or otherwise punished for a specific fault, in reminding them of it on every possible occasion for months afterward; the certain effect of which is to induce a kind of desperation in the mind of the child and a "don't care" feeling, which can not fail to have a most unfortunate influence on that child's character for all its life thereafter.

Let parents, then, who would avoid an old age of agony, in connection with harshness, injustice, and even cruelty to their children, remember never to punish or even threaten a child under the influence of a passionate state of the mind, because the morrow may bring death, and no compensation can be ever made.

There is a physiological view to be taken of this case, which may be communicated with profit. Even if the child had been ever so much to blame, he should have been tenderly dealt with as to the present. His mind and body had been most intensely exercised, and the reaction had left the whole system in a state of complete exhaustion. In addition, the body was chilled. He should have been cleansed and re-dressed with all a mother's affection; a warm supper and some hot drink should have been given him, and he should have been put to sleep tenderly, in a warm bed. But instead of all this, he was cold, wet, hungry, "shivering," sent to bed, his feelings "hurt" to an extent which words can not express. We almost feel as if the father of the unfortunate boy was entitled to the designation of "savage," and his wife, a poor, hasty, weak-minded non-entity—worse than no wife at all.

SUMMER HEGIRA.

A MOST advantageous custom, and one which promotes health of body and brain, is that of citizens spending the hottest weeks of the year in the country; there can not be a doubt of its revivifying and regenerating effects, when the time is occupied in a proper manner, and the habits of eating, drinking, and exercise are dictated by a judicious reference to the ascertained laws of our being. A summering in the country will be beneficial to the body, in proportion as the whole time of daylight, from early breakfast until sundown, is spent in active pleasurable exercise in the open air; exercise which, as often as taken, should be to the extent of some little fatigue. As to young men and old, the best plan is to be afoot from morning until night, in fishing, hunting wild animals, religiously sparing the sweet birds of the wood, whose gleeful songs, as if in welcome of our arrival, ought to smite any generous heart with reproaches, for even the thought of murdering them in cold blood. To carry out this plan of health-seeking to the fullest extent, it should be arranged to go far from human habitations, and "rough it," camping out every night for weeks together, all the while dismissing business from the mind, and allowing it to feast on the beauties of nature and the goodness of our great Father, as exhibited in all that meets the eye.

As to girls and women, especially those who are burdened with family cares at home, or are weighed down with that greater load, fashionable life, the better plan is to avoid all watering-places, and away from all steamboat and railroad communication, seek in some quiet nook, in a plain, tidy farmhouse, that repose for mind and body which is so imperatively needed. A place should be sought where there are literally "no other boarders," except the members of your own family, and where there is no pretension in the household to dress and form and ceremony; where the only law is that of an honest kindness. Seek a place where there are no near neighbors; which is not immediately on any main public road; the object of all this being to enable the ladies, without wounding their self-respect, to wear the plainest, loosest clothing they possess, and to relieve them of any necessity for dressing but once in twenty-four hours, and that when they first get up in the morning,

so that any moment they may wish to go out of doors, the only extra articles needed may be an old-fashioned "sun-bonnet" and a loose, light shawl; the shoes that are worn about the house should have soles nearly half an inch thick, with cork lining inside. When a lady can go out thus easily, without the necessity of changing a single garment, she will be far more apt to take a turn round the farm, to go to the spring-house, to gather eggs in the barn, to feed the chickens, to go a berrying, to visit the orchard, to pick berries for desserts, to watch the dairy-maid, to go out to the harvest-field and smell the new-mown hay, to scale fences, climb trees in the orchard, gather wild flowers, build mill-dams in the brooks, and construct artificial canals and miniature water-wheels for turning imaginary mills; to take basket on arm and botanize; or a tiny hammer, and wandering over brook and branch and hill-side and mountain-top, by the public road or the sea-side, read in every stone the geology of each locality, and much of their history through the long ages past; to row a boat, or ride a horse; to walk by the earliest dawn, or frolic by the clear moonlight of summer; all the while eating not an atom except at the three regular meals of the day; getting all the sleep possible, but only during the hours of darkness. Acting thus, few will fail of real and lasting renovation, by spending a summer in the country.

RAISING CHILDREN.

I HAVE never lost a child, and it seems to me, if one of my four were to die, the sun would never shine to me again; at least, never as brightly as before; and that a pall would hang over all that made life desirable. I know that time soothes every sorrow, and takes off the sharp edge of the most heart-crushing afflictions; but still, sad thoughts would hover mournfully over the departed; coming unbidden even in the press of business; on the crowded street; in the gay assembly.

Next to the great calamity of a lost child, is the torture of having one before your eyes every day of your existence the victim of some slow disease, of some incurable malady, of some eating, painful, fatal ailment, or some distressing or

humiliating deformity. All my children were born apparently delicate, except the last; they seemed to me like wax-work; almost too frail to be handled; but all were free from blemish or deformity. Two things were in their favor, they were born of healthy parents, and hadn't much sense; of which latter I have always felt particularly glad, in view of the fact that the "smarter" a child is, the brighter its intellect, the more certain it is to die early of brain disease; if not, the chances are that the intellect will wane early; will not answer the expectations formed of it; or if it does, and practical life is reached, genius and magnificent abilities do not add to the probabilities of domestic happiness of success in life, or a very enjoyable existence.

Genius is erratic, whether in man or woman; and is always precipitating its possessor into all sorts of "fixes," of the unpleasurable kind; geniuses, magnificent minds, generally die drunk or mad; die early, from the effects of opium, liquor or tobacco. My own personal observation bears me out in the saying, that persons of moderate mental caliber, of medium capacities, are most likely to live long, live healthfully, live happily, and live successfully, whether as to making a comfortable living, or having a solid influence in society.

It may be suggestive to remark, in passing, how singularly children "take after," and don't take after their parents, one or both. Of my four, who are between the ages of nine and sixteen, none take after their parents, in what is called smartness; that quality having been monopolized by their father and mother; while all of them are good-looking, and are growing up to be comely, a quality which neither parent ever pretended to, unless in a fit of insanity. But the good health of the parents has descended to all the children; the measure of it may be expressed by the fact, that from the first day of September last, until this present first day of August, neither of the four has lost a meal from sickness; and all four have not lost half a dozen days from school, during the ten months' session. No kind of wind or weather, rain, hail, sleet, or snow, has been allowed as an excuse for not going to school, which is just one mile and three quarters from their home; this may be more fully appreciated when it is remembered that to reach school by nine, requires to breakfast at seven of a winter's

morning, which must be done by gas-light. "Father," said our little Alice, the other day, as we were taking our morning walk toward school, "I have been going to school three years, and have never been late once"—the word "late" meaning not being there in time to go into the recitation-room precisely at nine. All are required to be at the breakfast-table not later than seven in mid-winter, without being called, or "rung up"—this throws them on their own resources, makes them self-reliant, and is not a hardship, for there is a clock, as well as a thermometer, in every occupied room in the house; and when a routine is once fallen into, which is shown to be convenient and advantageous to all the household, it becomes almost as easy to do right as wrong; besides, when a thing is looked upon as having to be done as a matter of course, it is no longer the burden or hardship that it might at one time have been considered to be. And it is greatly to be regretted that this idea is not better understood in families.

These details, and others to be mentioned, are not given as proof positive, that the healthfulness of my children is the result of my management; for there may have been quite as much health in other families of the same size, age, and general circumstances; still, some of the observances must have contributed more or less to such a gratifying result; and it is certainly a great happiness to have not an hour's sickness in a growing family, for months and years together. As to eating, breakfast is taken at seven o'clock the year round, a plain luncheon is carried to school, to be eaten at twelve M.; they are dismissed at three, and by four o'clock, sit down to dinner, and nothing more is allowed until breakfast next morning; this arrangement for eating was adopted as the best under the circumstances, in connection with the school; otherwise, the old-fashioned plan of early breakfast, dinner at noon, and supper in the evening, seems to be the most rational and convenient. All eating, except at breakfast, school-lunch at noon, and dinner at four o'clock, is discouraged, because it occasions unnecessary trouble in the house; but more than all, to prevent that irregularity of eating at regular meals, which is an inevitable result of a permission to eat between times. Besides, if a child is allowed to eat between meals, he is very sure some times to eat so heartily as not to be much hungry at the follow-

ing regular meal, the result soon being that he is hungry only between meals, while at the regular hours for eating with the family, he is merely a nibbler, and soon gets to eating half a dozen times a day, and at no one time much; the result is, there is no real vigorous appetite for solid substantial food, consequently the strength is not sustained; instead of running about the house cheerily, he sits, and lolls, and mopes, and lounges about in listless indifference and fretfulness, which in turn grows to a settled unloveliness, throwing a cloud over the whole family. But this is not all; it is known to be a fact, that three fourths of all who die of consumption, trace the beginnings of their troubles to their "teens." And it is very naturally brought on thus: irregular eating induces irregular bodily functions; takes away the vigorous appetite, and, as above stated, ends in an indisposition to exercise; this, in turn, induces debility of body and lassitude of mind. Such persons always take cold easily; easily fall into any kind of sickness which may happen to prevail, simply from a want of vigor to repel the most ordinary causes of diseases; hence, as it requires but a little to make them sick, they are almost all the time ailing in some way or other, and eventually become confirmed invalids; the sons thereby to become discouraged; and the daughters, if they live to marry, need nursing from the beginning; are unfit to keep house; are a constant drag to the husband, instead of an aid in becoming thrifty and prosperous; and all ending too often in domestic indifference, or a feeling of discouragement, venting itself in the expression, "It isn't worth while for me to try and lay up any thing;" and when a man arrives at such a conclusion, he is practically lost to society as far as becoming a prosperous and influential business man is concerned.

But if a child by frequent eating comes to the table with but an indifferent appetite, an inevitable result is, that it has no relish for plain, substantial, nourishing food; it don't like this, and don't want that, and objects to the other usual stand-bys on the table; then comes the complaint, that this "isn't good," and that "an't nice;" and the foundation is laid for that hatefully fretful, complaining, repining habit, which in a man is contemptible, and in woman a degradation.

Nor is this the only evil of so arranging the eating that

children shall very often come to the table without a vigorous appetite, for as soon as the mother observes it, she becomes apprehensive that the child is about to be sick, and that if it does not eat, it will become weak and soon be confined to bed; and her imagination running riot, lays the child in the grave in a few days; in order to prevent this, she reasons thus: when the child was well it ate heartily, and if it can be got to eat heartily it will be well again; therefore she sets her wits to work to get up various delicacies to tempt the child to eat heartily, and as a matter of course precipitates an unfavorable result, by forcing food on the system in a measure, when it is not called for, thus oppressing the vital powers more and more, and prematurely exhausting the recuperative energy; making it absolutely more certain that the child will get really sick, and if it does, proportionably diminishes the chances of recovery. The true plan, most especially with children, and one which would avert, at the very least, one half of their sickness is, the very moment the appetite is noticed to be not so good as it was, compel the child to take one half less than it really is inclined to; thus, by diminishing the labor of the stomach, it has a chance to rest, to recover its energy, when the appetite begins at once to return, and the child is well. A grand rule would this be for persons of all ages, but it takes a man of force of character to do this; the pampered, the self-indulgent, the undecided, feeble-minded folk are altogether inadequate to such a feat of moral courage. Many an attack of illness might be warded off from children by the exercise of a very little attention and firmness. If a child wakes up in the morning and calls for a drink of water the first thing, such child is perfectly certain to be sick before noon. The course to be pursued, is to keep him in bed, and by warm drinks promote perspiration, eating nothing whatever until the afternoon, when he may amuse himself by nibbling at some cold, dry bread, and the next day he will be about again; otherwise, a breakfast will be eaten, fever comes on, vomiting, and several days' illness.

If a child is allowed to eat what he wants at supper, he will in less than a week have very little appetite for breakfast; the next step is to feel hungry two or three hours later; this again interferes with the appetite for dinner, and in a short time all

system and regularity in eating is destroyed, inducing inevitably and always general ill-health. Mothers generally are incapable of exercising the requisite degree of firmness, in compelling their children to take light suppers — that is, a cup of warm drink and a piece of cold bread and butter. The easiest way to bring this about, is to never have any thing else on the table, and whenever children, as they certainly will, until better trained, exhibit any dissatisfaction, by word or sign, or expression of countenance, on entering the supper-room, let it be met with a simple and quiet requisition to go at once to bed, without any supper at all.

With the ordinary routine of provision on the table, it is well to let children eat as much as they want; they will seldom take too much for breakfast or dinner, but when a new dish comes on the table, whether one just learned from a neighbor, or the first of the season, any child that seems to be particularly fond of it, should be restricted to a small amount, which may be gradually increased from day to day; otherwise, the child is very certain to gorge himself, be sick, and then never like that dish afterward. It is an inexcusable tyranny to require children to eat or drink what they have no relish for; better let them consult their instincts. We have only to appreciate the unreasonableness of this forcing process, and its hardship, by trying to compel ourselves to swallow what we have no relish for.

Most parents find a constantly recurring difficulty in getting their children off to bed in season at night; all of them have a disinclination to retiring early. But it is of the utmost importance to make an iron rule in the household in that respect, at least as to every child going to school. There can be no health without it, for two reasons: the eyes will soon become inflamed and sore, and by not getting sleep enough, the brain does not work with activity; it takes hold of the lessons with reluctance, as it were, all study becomes a bore, the child falls behind, or, in his efforts to keep up with the class, especially if a girl, brain-fever or some other malady supervenes, and days and weeks are lost at school, and sometimes even life itself. Children should be required to go to bed at such an early hour that they may wake up of themselves in the morning; this is an indication that they have had all the sleep that nature can take;

then they are lively, cheerful, and hilarious all day; but if, from having company, or being out at "meeting," parties, or amusements, they are kept out of bed an hour or two later than usual, they will wake up about the accustomed time, but they are pretty sure to come to the breakfast-table with unbuoyant countenances; there are frowns instead of fun and smiles, and they are very apt to be fretful, captious, or complaining for the whole day afterward. Let it be arranged the year round, that school-children shall wake up at daylight; this will not only prevent the necessity of ruining the eyes by night-study, but also the more injurious practice of studying by artificial light in the morning. Several of the associates of our daughters have permanently weak eyes, yellow matter constantly about the eye-lashes, in consequence of their sitting up to ten and eleven o'clock at night at their books, and every once in a while they are "absent," on the ground of having "sore eyes." We have known two cases of late, where children of thirteen were allowed to sit up until eleven o'clock at night, with the full glare of gaslight falling on the bright white page; in a very short time they had to lose from one to three weeks. In one case, a girl was required to go to school, day after day, when her eyes were in such a state from night-study, that she could not use them at all, but was merely a listener to the recitations; a barbarity on the part of teacher and parents of which a savage heart should be ashamed. If parents would systematically attend to one point in reference to their children who are attending school, in addition to regularity in eating, and sleeping to the utmost that nature will take, it would avert an infinite amount of ill from their children in the course of a lifetime; it is simply this, let breakfast be taken sufficiently early to allow them perfect leisure to attend to all the calls of nature before they leave for school. It is perfectly certain that multitudes of children, and even grown persons, lay the foundation for life-long diseases and sufferings, in consequence of neglecting to attend systematically to this suggestion.

HEALTH TRACT, No. 167.

WORTH REMEMBERING.

1. It is unwise to change to cooler clothing, except when you first get up in the morning.

2. Never ride with your arm or elbow outside any vehicle.

3. The man who attempts to alight from a steam-car while in motion is a fool.

4. In stepping from any wheeled vehicle while in motion, let it be from the rear, and not in front of the wheels; for then, if you fall, the wheels can not run over you.

5. Never attempt to cross a road or street in a hurry in front of a passing vehicle; for if you should stumble or slip, you will be run over. Make up the half-minute lost by waiting until the vehicle has passed, by increased diligence in some other direction.

6. If you want to sleep well at night, avoid sleeping a moment during daylight.

7. It is a miserable economy to save time by robbing yourself of necessary sleep.

8. If you find yourself inclined to wake up at a regular hour in the night and remain awake, you can break up the habit in three days, by getting up as soon as you wake, and not going to sleep again until your usual hour for retiring; or retire two hours later and rise two hours earlier for three days in succession; not sleeping a moment in the day-time.

9. If infants and young children are inclined to be wakeful during the night, or very early in the morning, put them to bed later; and besides, arrange that their day-nap shall be in the forenoon.

10. "Order is heaven's first law," regularity is nature's great rule; hence regularity in eating, sleeping, and exercise, has a very large share in securing a long and healthful life.

11. If you are caught in a drenching rain, or fall in the water, by all means keep in motion sufficiently vigorous to prevent the slightest chilly sensation until you reach the house; then change your clothing with great rapidity before a blazing fire and drink instantly a pint of some hot liquid.

12. To allow the clothing to dry upon you, unless by keeping up vigorous exercise until thoroughly dried, is suicidal.

13. Drop yourself to the ground from the rear of any vehicle when the horses are running away, if you must get out at all.

14. If you are conscious of being in a passion, keep your mouth shut, for words increase it. Many a person has dropped dead in a rage.

15. It does not require a word to make a villainous lie; whatever is intended to deceive or mislead, that is the falsehood. So it does not require a dagger or a bullet to kill a man; the mean slander, a contemptuous shrug, may blast the reputation, and wilt the heart and life away.

16. If a person "faints," place him on his back and let him alone; he wants arterial blood to the head; and it is easier for the heart to throw it there in a horizontal line, than perpendicularly.

17. If you want to get instantly rid of a beastly surfeit, put your finger down your throat until free vomiting, and eat nothing for ten hours.

18. Feel a noble pride in living within your means, then you will not be hustled off to a cheerless hospital in your last sickness.

19. If you would live to purpose, and live long, live industriously, temperately, regularly, all the while maintaining "a conscience void of offense toward God and toward man."

HEALTH TRACT, NO. 168.

PHYSIOLOGY OF WORSHIP.

I HAVE come across men and women in my time, treading on the very verge of the grave in their old age, who were so eager after the making and saving of money; had become so close and stingy and mean-hearted in every thing pertaining to dollars and cents, that their whole character was overshadowed. Whatever of good there used to be in them had died out; they had but one god, and that was gold; and in thoughts of it they reveled; in talks of it they waked up into a newness of life, to a keenness of perception in every thing pertaining to number one, that at once astonished and surprised. All this was the result of the mind feeding itself, day by day and hour by hour, on thoughts of filthy lucre; and the propensity grew as any other would have done, had it been equally indulged in, until it became to be out of all proportion, gave a hue to the whole character, and the soul was lost in the love of gold,

“That vile idolatry.”

In our physical nature, if any one set of muscles is exercised exclusively, they have an unnatural growth, approaching the monstrous, while others dwindle, and the whole physical nature is out of shape, uncomely, deformed. Hence those exercises most promote health of body which bring into play alternately every system of muscles. Thus it is also that if we exercise one set of muscles for a long time, we become weary, and yet may become rested without resting, and can return to the exercise with a feeling of freshness and new vigor, if for a while another set of muscles, or new combinations of them, are exercised. This principle pervades our moral nature as well; hence, for its proper nourishment, healthfulness, growth, and elevation, Divinity, for our best and highest good, has appointed one day in the week, and recommended in the Book of his revealed will a portion of the time of the other days in the week to be devoted to the contemplation of religious, of spiritual things; a proper attention to which breaks in upon the thoughts of worldliness, and effectually prevents that entire absorption of the mind as to money which makes old age so unlovely that we instinctively despise rather than revere. The whole subject merits the serious and solemn consideration of every reader, as there is not one who is not in danger of the great calamity of wrecking the very soul in its greed of gold, of becoming a monomaniac, and an object of pity and contempt to all. The value of this habit of daily contemplation and of stated weekly meditation on things which pertain to our spiritual nature and its relations to God and eternity, is seen in the old age of individuals who are evidently ripe for heaven; and in whole communities, as the Society of Friends, one of the cardinal points in whose religious faith is, the duty of self-communion, of inward spiritual contemplation; and that this is profitable to soul and body; for “the life that now is, and that which is to come,” witness their placid nature, their thriving condition, and the statistical fact that their lives average ten or fifteen years longer than any other class of persons.

HEALTH TRACT, NO. 169.

MEDICAL ITEMS.

To produce sufficient light in internal cavities, to guide the surgeon in his operations, introduce a helix-formed glass tube of a very small bore, and burn by electricity any white light-producing compound, as carburetted hydrogen, carbonic acid, hydrochloric acid, etc.

BREAD.—Chemistry tells us that the best and most healthful bread is made by mixing flour, water, and yeast, by kneading it so effectually that the yeast and water shall come in contact with every grain of the flour, otherwise the bread will be bad; holes will be in it, and the crust will be easily detached from the soft part. Bad bread will be made out of the very best materials unless the kneading has been most thoroughly performed.

A **CARROT-HEAD** cut off a little below the top, and put in a basin of water, puts forth leaves, and makes a handsome ornament.

SMOKED HAM.—To give any ham the "smoky" taste, mix equal parts of vinegar and tar; dip the ham into it for a few minutes, then pour off and broil.

WORK.—In past times the world was worked too hard, and the masses did not live thirty years. Now human ingenuity has devised labor-saving machinery, so as to allow more time for rest, for recreation, and the cultivation of the social qualities of our nature; as witness the statement of that most ably conducted paper, the *Scientific American*, of New-York, to wit:

COTTON.—One man can spin more cotton-yarn now than four hundred men could have done in the same time in 1769, when Arkwright, the best cotton-spinner, took out his first patent.

FLOUR.—One man can make as much flour in a day now as a hundred and fifty could a century ago.

LACE.—One woman can make now as much lace in a day as a hundred women could a hundred years ago.

SUGAR.—It now requires only as many days to refine sugar as it did months thirty years ago.

LOOKING-GLASSES.—It once required six months to put quicksilver on a glass; now it needs only forty minutes.

ENGINES.—The engine of a first-rate iron-clad frigate will perform as much work in a day as forty-two thousand horses.

BUTTER may be kept sweet for many months thus: When first churned, wash it well in three waters; work it well again before packing; put it in large stone jars; dig a hole under any floor or in a cellar, leaving the top of the jar just above the ground; cover the butter two or three inches deep with strong brine, adding more butter until the jar is nearly full.

GREASY PEOPLE, fat and rubicund, are generally good-natured. Whether their greasiness is alike promotive of health and genial humor, is not here discussed. But grease is a "prophylactic," as doctors say; that is, it promotes health. It has passed into history that as often as the plague has decimated Smyrna, Constantino-ple, and other parts of the Levant, not a single case has ever been recorded of a person employed in loading and unloading oil being attacked even, let alone dying. The men know this so well that they freely offer to carry the sick of the plague to the hospitals. Wool-carders, who work in greased wool from morning until night (the trade of President Fillmore and the writer) are proverbially free from consumptive disease. Some of the African tribes expose themselves with impunity to the fervent heat of the desert when they have oiled themselves all over. Grease is great!

THE MONTH MALIGN.

SEPTEMBER gives rise to more disease in town and country together than any other month of the year. It is fruitful in diarrhea, dysentery, and fevers of every grade, from common fever and ague to the most malignant form of bilious, congestive, and yellow fever. The immediate causes of these maladies are the hot days and cool nights, in conjunction with the habits of the people. Few persons have hearty appetites in hot weather—our instincts are too wide awake for that; but we too often drown their wise, and steady, and gentle monitions in the clamor of the animal nature for stimulants, to whet up the appetite to hurtful and destructive activities. The proprietors of the most fashionable hotels in New-York have asserted that if it were not for the “profits of the bar” they would have to close their doors. Doubtless, in almost all cases, these “profits of the bar” are a very important source of income to all taverns. We have certainly noticed that a number of temperance hotels succeed in collapsing in a very short time. When the stomach is taxed beyond its ability of work, by eating to the fill of a stimulated appetite, one pernicious result always follows, and a different one is impossible in any single case in a century of centuries; that food is not perfectly assimilated; can not be made into good blood, and that, being mixed with what was already in the system, makes “bad blood” of the whole. The entire mass is a vitiated article, and becomes more so by each act of over-eating, by every mouthful swallowed to “get up an appetite.” The whole mass of blood being thus corrupted, it is no wonder that persons living thus are liable to complaints in all parts of the body, for this vitiated blood goes everywhere; and never feeling well, they are always “taking something.” In this way the body soon loses its vigor, its capability of resisting causes of disease, and warding off sickness; a state of things plainly proven and unwittingly acknowledged in the now very common expression: “The slightest thing in the world gives me a cold.” When such is the case, it is always because the person so speaking has not much stamina; in other words, is full of “bad blood,” whatever may have been the cause, whether from taking tonics, stimulants, or bitters, to wake up an unnatural appetite, or whether from “forcing” food; eating without an appetite; or merely from a vicious indulgence of the animal nature. When persons have for some time eaten more than the system requires, they lose their appetite; have a bad taste in the mouth on waking up in the morning; are more or less uncomfortably chilly, and are fit subjects for any cause of disease which may exist in the atmosphere; and they are the very first victims to any epidemic malady; if any body is sick, they are sure to be among the number. This general cause of disease existing in the atmosphere is always generated in the latter part of August and during September; it is called miasm—an emanation from decaying vegetable matter, mud, leaves, plants, roots, etc.; it is distilled death, literally, because the heat of the noonday sun acting upon matters like these, causes the deleterious agency to rise up, like alcohol or whisky from a still; when the cool of the evening comes, this air is condensed, becomes heavy, falls to the surface and is breathed by whole communities, sometimes breaking out in a night and destroying hundreds before the morning. In such cases the temperate, plain living, and industrious are the very last to suffer, if at all, because they have good blood, which has a “power” to resist disease. The lesson is, never attempt to “whet up” the appetite, except by creditable labor, or moderate, steady, continuous out-door activities.

G R E A T E A T E R S

NEVER live long. A voracious appetite, so far from being a sign of health, is a certain indication of disease. Some dyspeptics are always hungry; feel best when they are eating, but as soon as they have eaten they enter torments, so distressing in their nature, as to make the unhappy victim wish for death. The appetite of health is that which inclines moderately to eat, when eating time comes, and which, when satisfied, leaves no unpleasant reminders. Multitudes measure their health by the amount they can eat; and of any ten persons, nine are gratified at an increase of weight, as if mere bulk were an index of health; when, in reality, any excess of fatness is, in proportion, decisive proof of existing disease; showing that the absorbents of the system are too weak to discharge their duty; and the tendency to fatness, to obesity, increases, until existence is a burden, and sudden death closes the history. Particular inquiry will almost unvaryingly elicit the fact, that a fat person, however rubicund and jolly, is never well, and yet they are envied.

While great eaters never live to an old age, and are never for a single day without some "symptom," some feeling sufficiently disagreeable to attract the mind's attention unpleasantly, small eaters, those who eat regularly of plain food, usually have no "spare flesh," are wiry and enduring, and live to an active old age. Remarkable exemplifications of these statements are found in the lives of centenarians of a past age. Galen, one of the most distinguished physicians among the ancients, lived very sparingly after the age of twenty-eight, and died in his hundred and fortieth year. Ketigern, who never tasted spirit or wine, and worked hard all his life, reached a hundred and eighty-five years. Jenkins, a poor Yorkshire fisherman, who lived on the coarsest diet, was one hundred and sixty-nine years old when he died. Old Parr lived to a hundred and fifty-three; his diet being milk, cheese, whey, small beer, and coarse bread. The favorite diet of Henry Francisco, who lived to one hundred and forty, was tea, bread and butter, and baked apples. Ephraim Pratt, of Shutesbury, Massachusetts, who died aged one hundred and seventeen, lived chiefly on milk, and even that in small quantity; his son Michael, by similar means, lived to be a hundred and three years old. Father Cull, a Methodist clergyman, died last year at the age of a hundred and five, the main diet of his life having been salted swine's flesh (bacon) and bread made of Indian meal. From these statements, nine general readers out of ten will jump to the conclusion that milk is "healthy," as are baked apples and bacon. These conclusions do not legitimately follow. The only inference that can be safely drawn is from the only fact running through all these cases—that plain food and a life of steady labor tend to a great age. As to the healthfulness and life-protracting qualities of any article of diet named, nothing can be inferred, for no two of the men lived on the same kind of food; all that can be rationally and safely said is, either that they lived so long in spite of the quality of the food they ate, or that their instinct called for a particular kind of food; and the gratification of that instinct instead of its perversion, with a life of steady labor, directly caused healthfulness and great length of days. We must not expect to live long by doing *any one thing* which an old man did, and omit all others, but by doing *all* he did, that is, work steadily, as well as eat mainly a particular dish.

LOGIC RUN MAD.

"WHAT is good for the goose is good for the gander," may have a certain amount of truth in it; but what is good for a goose is not necessarily, and therefore, good for a jackass. Yet this is the line of argument used by many, and is sometimes found in books, and magazines, and newspapers, in reference to health and disease. A man, for example, is sick of any thing or nothing; takes something and soon gets well; he has great faith in that medicine, and thereafter takes it for every ailment in his own person, and recommends it freely and confidently to any one who may be sick, without any special regard to the nature of the malady.

Another man makes brandy and water, especially the brandy, a panacea for all his ails, and recommends it as a useful and efficient medicine to any friend who may happen to complain, whether it be of belly-ache, bilious colic, or cancer.

It has been stated many times in print, that the Russians give their infants a warm bath, and, even when newly born, roll them out in the snow, and therefore it must be a good practice for all children. But are Russian children, as to the masses, unusually thrifty? According to one of their late publications, the *Rousky Dnevnik*, the mortality is such as to force public inquiry as to its cause; whether by or in spite of snow-baths, we say nothing.

The working-out mothers in Dresden bandage their children in the morning so completely that they can do nothing but roll over and over, and thus they remain all day, with a feeding at noon, thereby saving the expense of a nurse, and keeping them out of mischief. But shall we therefore follow the example of Dresden mothers, and keep our children helplessly bandaged the whole day, they meanwhile sweltering in all their excrements? Is it any wonder that one child out of ten born in Dresden is deformed? The greater wonder is, that nine out of ten children thus treated do not die outright.

We hear a great deal, in water-cure journals and others, of the thoroughness and efficiency of Turkish baths. If this is among the lower orders, then there is not a dirtier race in existence; if among the higher classes, we know they are not excelled for their effeminaey and early mortality. Because the masses of Chinese live mainly on rice, and the Irish on potatoes, vegetarians would persuade us that mankind would live longer if no meat were eaten. The Chinese are vegetarians perforce, and as a nation are the most filthy, beastly, effeminate people on the globe; and as for the race which lives almost exclusively on potatoes, are they exceeded by any people on this planet in diminished mental calibre, ignorance, low cunning, black-hearted revenge, and bestiality in strong drink? Where is the housekeeper who is not conscious that at least as to the menial race there is no truthfulness, no honesty, but in their place a fawning deceitfulness, unendurable by generous minds? And gymnasts run mad in their laudations of the games and sports described in all Greek and Roman story, and yet when these nations were at the very height of their civilization, they were most vilely corrupt, degenerate, and debased. The only efficient system of gymnastics is steady, useful, and remunerative labor. In short, before we adopt any means of health aside from temperance and industry, let us first ascertain certainly that others have been wholly benefited, and not all injured thereby; otherwise we are but putting in practice a "mad logic."

INSANITY.

INSANITY, lunacy, and madness are the same in nature, but different in degree; all mean excessive mental action. Imbecility and idiocy imply a want of mental energy. The latter is a deficiency of brain power; the former an excess. "Insanity" is a Latin word, and may include all the above, for it means simply "without health," as to the brain. The most common cause of insanity, in its usual acceptation, is the mind's dwelling too much on one or a few things, as witness inventors, great geniuses, and others. Very many in lunatic asylums are classed among those who have had some great trouble; disappointed affection; loss of a dear relative or bosom friend. Had any one of these been called to endure half a dozen other troubles, each of which was equal to the first, there would have been no derangement at all; simply because the nervous power would have been diverted into different channels, would have been apportioned off to different parts of the brain, and thus have divided the intensity of the action to several, instead of one. Any muscle of the body unused, shrivels in size and loses its power; that same muscle is increased in size and power, in proportion as it is largely used. It is a common observation that he who thinks and talks incessantly of one thing, is soon set down by his neighbors as "crazy on that subject," although sensible and clever on others. The practical inference is, divert the mind in all troubles; do not brood over misfortunes; don't cherish sad or melancholy meditations; don't gloat over gold; never allow your reflections to become inseparable from any one idea. When you begin to complain that you "can't sleep," from the mind's running on one particular subject, you are rapidly preparing yourself for the mad-house! The fear of poverty has made many a rich man go crazy; but mind, it was the man who had felt its pinchings in younger years. The hardest worked slave rarely goes crazy, because he has no abiding sorrow; no concern about to-morrow's bread; his labor in the day is mechanical, and the moment it is over he feels free; his mind dismisses all thoughts of work, runs home and revels in his supper and other animal instincts; infinitely freer from any corroding care than his master. In educated and elevated New-England, there are nearly ten times as many crazy people as in an equal number of South-Carolina slaves. Taking planters and slaves together, there are three times fewer insane persons in the South than in an equal number of New-Englanders. More crazy people come from the farm than from the city. There are not half as many deranged persons in five thousand inhabitants of the Western States, as in as many from glorious New-England. One general principle explains these apparent contradictions. New-England is thickly settled; its soil is sterile, and the competition for bread is ceaseless and terrific. During its long and comparatively inactive winters, the mind frets at doing nothing; it is like a caged lion; it beats unavailingly against its prison-bars, and wastes itself in castle-building; in "vain thoughts!" To be without money is to be without bread in New-England; in the sunny South, and fruitful, blooming West, people "take trust for pay" literally; and can live for years on confidence and credit, and so in the South; in both sections pay-day is indefinitely postponed. Ohio is a fertile State, but thickly settled; these two things antagonize each other; hence the number of insane is half way between New-England and the South and West. In proportion as one idea, good or bad, absorbs the mind, in the same proportion is insanity courted.

PHILOSOPHY OF EXERCISE.

ALL know that the less we exercise the less health we have, and the more certain are we to die before our time. But comparatively few persons are able to explain how does exercise promote health. Both beast and bird, in a state of nature, are exempt from disease, except in rare cases ; it is because the unappeasable instinct of searching for their necessary food, impels them to ceaseless activities. Children, when left to themselves, eat a great deal and have excellent health, because they will be doing something all the time, until they become so tired they fall asleep ; and as soon as they wake, they begin right away to run about again ; thus their whole existence is spent in alternate eating, and sleeping, and exercise, which is interesting and pleasurable. The health of childhood would be enjoyed by those of maturer years, if, like children, they would eat only when they are hungry ; stop when they have done ; take rest in sleep as soon as they are tired ; and when not eating or resting, would spend the time diligently in such muscular activities as would be interesting, agreeable, and profitable. Exercise without mental elasticity, without an enlivenment of the feelings and the mind, is of comparatively little value.

1. Exercise is health-producing, because it works off and out of the system its waste, dead, and effete matters ; these are all converted into a liquid form, called by some "humors," which have exit from the body through the "pores" of the skin in the shape of perspiration, which all have seen, and which all know is the result of exercise, when the body is in a state of health. Thus it is, that persons who do not perspire, who have a dry skin, are always either feverish or chilly, and are never well, and never can be as long as that condition exists. So exercise, by working out of the system its waste, decayed, and useless matters, keeps the human machine "free ;" otherwise it would soon clog up, and the wheels of life would stop forever !

2. Exercise improves the health, because every step a man takes tends to impart motion to the bowels ; a proper amount of exercise keeps them acting once in every twenty-four hours ; if they have not motion enough, there is constipation, which brings on very many fatal diseases ; hence exercise, especially that of walking, wards off innumerable diseases, when it is kept up to an extent equal to inducing one action of the bowels daily.

3. Exercise is healthful, because the more we exercise the faster we breathe. If we breathe faster, we take that much more air into the lungs ; but it is the air we breathe which purifies the blood, and the more air we take in, the more perfectly is that process performed ; the purer the blood is, and as every body knows, the better the health must be. Hence, when a person's lungs are impaired, he does not take in enough air for the wants of the system ; that being the case, the air he does breathe should be the purest possible, which is out-door air. Hence, the more a consumptive stays in the house, the more certain and more speedy is his death.

HEALTH TRACT, No. 175.

SUMMER MORTALITY.

JULY and August are the most fatal months of the year in New-York, and other large cities. The deaths of August are nearly double those of November. This indicates that causes of disease are present in midsummer which are not found to the same extent in colder weather. Many attribute the increased mortality to unripe, imperfect, and decayed fruits; especially, as the deaths in charitable institutions, where fruits perfect or imperfect can not be indulged in, there are but half the number of deaths that occur in January and February; but in 1855, according to Commissioner Moreton's official report, one half of all who died were children under two years of age; such children are not those that use any kind of fruits much, hence the use of fruits has no appreciable influence on the greater mortality of summer. This, with the fact so reported, that there are more suicides in summer than in winter, the result of a diseased mind, induced by a diseased body, and that other fact, that the most incurable forms of consumption originate in summer, all combine to show that circumstances connected with warm weather are the direct causes of increased sickness and death in summer.

The most all-pervading cause of the increased sickness and death in cities in warm weather, is the breathing of an impure, a vitiated atmosphere. The most uncultivated know that there are "smells" connected with places in summer, which are not noticeable in winter. Many persons aim to have the rats about the house killed with poison, before the warm weather comes on, so as to avoid noisomeness about the premises. Hence, it must be set down as a practical fact, that warm weather generates odors which make the air impure; the breathing of which will always induce disease sooner or later, and more or less fatal, according to the degree of impurity and the duration of exposure to it. As double the number of persons die in the crowded parts of the city compared with less condensed districts; and as the poorer people are, the more crowded are their habitations, and poverty, and filth, and squalor, and uncleanness go together always and everywhere, it is proof positive that hot weather acting upon unclean habitations and surroundings, and thus vitiating the atmosphere, is the great overshadowing cause of the premature death and wasting sickness which pervades cities in summer-time. The practical inference is, that to prevent much of these calamities, all that is necessary is to secure a greater degree of cleanliness in person, in the houses, cellars, kitchens, back-yards, streets, and gutters.

Another cause of the greater mortality of summer is irregular, unseasonable, and over-hearty eating. If children especially are allowed to be nibbling at something all the time, the stomach is kept incessantly at work, until its strength is exhausted, as would be the case with any other muscle or set of muscles which were allowed no rest; when the stomach is thus weakened, or by taking more food into it than it can digest, or by eating heartily when very tired, the food sours; wind is formed, and the whole mass eaten is thrown up, or is passed out of the system, inducing diarrhea, cholera, or dysentery. While half of all who die in summer in the city are children under two years of age, over half of these children are under one year; and as the main food of such is mothers' or cows' milk, it is reasonable to infer, either that the children are fed too much on milk, or that it is not fresh and pure, is not perfect milk. The undoubted cause of the remarkable diminution of sickness and death among children in charitable institutions in New-York, can be from nothing else than the perfect cleanliness of these establishments, plainness of food, and regularity in eating and sleeping—a most suggestive statement to every parent.

HALL'S JOURNAL OF HEALTH.

OUR LEGITIMATE SCOPE IS ALMOST BOUNDLESS: FOR WHATEVER BEGETS PLEASURABLE
AND HARMLESS FEELINGS, PROMOTES HEALTH; AND WHATEVER INDUCES
DISAGREEABLE SENSATIONS, ENGENDERS DISEASE.

VOL. X.]

OCTOBER, 1863.

[NO. X.]

SPI-ROM-E-TRY,

PRONOUNCED with the accent on the ante-penult, or second syllable, teaches the measurement of the breath, and, by a little license, the lungs themselves, as the breath is contained in the lungs. If a man has all his lungs within him, in full operation, it is impossible for him to have consumption, whatever may be his symptoms, because consumption is a destruction of a portion of the lungs, and when that is the case they can no more have the full amount of breath or air than a gallon measure can hold a gallon after its size has been diminished by having a portion of the top off or removed.

It becomes, then, of great importance to accomplish two things:—

First, to measure accurately, and with as much certainty as you would measure wheat by a standard and authentic bushel measure, the amount of air contained in the lungs.

Second, to ascertain what amount of air the lungs ought to contain in full and perfect health.

The chemist has no difficulty in measuring out to you a cubic foot of gas. The gas which lights our dwellings and which burns in the streets of cities, when the moon don't shine, is *capable* of being accurately measured, and so is the air we breathe, with equal simplicity and certainty, even to the fraction of a cubic inch.

Take a common tub or barrel, of any height, say two feet, and fill it with water; get a tin cup of equal length, and of such a circumference that each inch in length should contain ten cubic inches of air or water, turn this tin cup bottom upward in the barrel of water, make a hole in the bottom of the tin cup, insert a quill or other tube into this hole, take a full breath, and then blow out all the breath you can at a single

expiration through this quill; the air thus expired gets between the surface of the water and the bottom of the tin cup, and causes the tin cup to rise; if it rises an inch then you have emptied from your lungs into the cup ten cubic inches of air; if you cause the cup to rise twenty inches, then your lungs have measured out two hundred cubic inches of air, and by dividing the cup into tenths of inches, you will be able to ascertain the contents of the lungs to a single cubic inch.

This is a lung measure of the simplest form; it must be so arranged with a pulley on each side of the cup, each pulley having a weight of half the weight of the cup, so as to steady the cup when it rises, and keep it at any point, as lamps are sometimes suspended in public buildings.

Being able then to measure the amount of air the lungs do hold, down to an inch or even a fraction of an inch if desired, the next point to know is how much air ought a man's lungs contain when he is in perfect health; for if a man in sound health can expire or measure out two hundred cubic inches of air, it is easy to see that if his lungs are half gone he can give out but one hundred cubic inches, and so of any other proportion large or small, and the grand practical conclusion is that when a man can breathe out the full quantity, all his lungs must be within him, and the presence of consumption is an utter impossibility in that man; and even if this was the only point to be learned, what a glorious truth it must be to the man who was apprehensive of his being consumptive, that such a thing is simply an impossibility, demonstrably so by figures and by sight. He can see it for himself without the necessity of leaning doubtfully, so *doubtfully*, sometimes, on the judgment, or expressed opinion of his physician.

To find out how much air a healthy man's lungs should hold, we must act precisely as we would in determining the quantity of anything else; we must experiment, observe, and judge. We have decided long ago on the average weight of men, their average amount of blood, the average weight of the brain; and surely there ought to be some method of determining the average amount of a man's lungs. But this last would not be sufficiently accurate, to make it safely practical, we must be able to say to this man, your lungs, if sound and well, will hold so much; and to another, so much, for the amount of breath is as

various as the amount of brain. A large head has a large amount of brain of some kind or other, and so a large chest must have a large quantity of lungs to fill it; these are general truths only. If a man six foot high, and known to be in perfect health, will give out from his lungs at one expiration two hundred and sixty-two cubic inches of air, that is a fact to begin with.

If a thousand healthy six-footers, or ten thousand, do not fail in one single instance to give out as much, then we may conclude that any other man as tall, who gives out as much, is also healthy *as to his lungs*; and at length the facts become so cumulative that we feel safe in saying that any man, six feet high, who can breathe out at one single effort two hundred and sixty-two cubic inches of air, that man must have all his lungs within him, and that they are working fully and well.

But if in pursuing these investigations, in the same manner, as to healthful men five feet high, we observe that in any number of thousands, not one single one ever fails to give one less than one hundred and sixty-six inches, and that any other number of thousands, five feet seven inches high, and in acknowledged perfect health, never fail in one solitary instance to give out two hundred and twenty-two cubic inches of air, then a thinking man begins to surmise that the amount of lungs a man in health has, bears some proportion to his height; this is found to be the actual fact of the case. And without being tedious I will give the result, that for every inch that a man is taller, above a certain height, he gives out eight more cubic inches of air, if he is in sound health, as to his lungs.

Let the reader bear in mind that these are the general principles—circumstances modify them. But I do not want to complicate the subject by stating those modifications at present. I wish the reader first to make one clear simple truth his own, by thinking of it, and talking about it, when occasion offers, for a month—then I may say more.

But, for the sake of making a clear, distinct impression, let us recapitulate:—

1. The amount of air which a man's lungs can expire at one effort can be accurately and uniformly measured, down to the fraction of a cubic inch.
2. The amount of air which a healthy man's lungs hold is ascertained by cumulative observations.

3. That the amount thus contained is proportioned to the man's height.

4. That that proportion is eight cubic inches of air for every additional inch of height above a certain standard.

With these four facts, now admitted as such, inferences may be drawn of great interest in connection with other observations, which any reader who takes the trouble may verify.

Observation 1st.—I have never known a man who was in admitted consumption, and whose subsequent death and *post-mortem* confirmed the fact, capable of measuring his full standard.

Observation 2d.—In numerous repeated instances, persons have been pronounced to have undisputed consumption, and as such were abandoned to die, but on measurement they have reached their full standard, enabling me to say that they had not consumption, and their return to good health, and their continuance in it for years after, and to this day, is an abiding proof of the correctness of my decision.

Observation 3d.—No persons have come under my care, who died of consumption within a year, who, at the time of examination reached their full lung measurement.

Observation 4th.—Therefore, any man who reaches his standard, has reason to believe that he cannot die of consumption within a year, an assurance which, in many cases, may be of exceeding value.

Observation 5th.—As a man with healthy lungs always reaches his full standard, and as it is impossible for a consumptive man to measure his full standard, then it may be safely concluded that a man cannot die of consumption while he gives his healthy measure, and also that he who cannot measure full, is in danger, and should not rest a single day, until he can measure to the full.

When persons are under medical treatment for deficient lung measurement, accompanied with the ordinary symptoms of common consumption, they improve from week to week in proportion as they measure out more and more air from the lungs: on the other hand, when they measure less and less from time to time, they inevitably die. With this view of the case, the reader will perceive that as a general rule a man can tell for himself, as well as his physician, whether he is getting well or not, and, as an illustration, an article is copied verbatim from the eighth

edition of "Bronchitis and Kindred Diseases," Redfield publisher, page 361, on

"THE MATHEMATICAL MEASUREMENT OF THE LUNGS AS A
SIGN OF CONSUMPTION.

"The lungs contain air; and their object is to receive, hold, and expel air; a certain amount of this air is necessary to the health of any individual, but that amount must vary in proportion to the size and age of a person, as much as the healthful amount of blood is proportionate to the size and age.

"It is known how much air a man's lungs, in perfect and full healthful operation, should hold, by measuring it as we would measure water, by transferring it from a vessel whose capacity was not known into one whose capacity was known. If, then, I find that every man of thousands, who is in perfect health, emits a certain amount of air from his lungs, I conclude that any other man, *under similar circumstances*, who gives from his lungs an equal amount of air, must be in good health, as far as his lungs are concerned, and every year accumulates its additional proofs of the same great fact, and when it is known that the lungs work *fully* and well, an immense burthen is at once removed from the mind of the physician, as well as patient, for he has less to do—the patient has less to dread.

"All that the *Spirometer* does, (or *Breath-Measurer*, which is its literal signification,) is to measure the amount of air contained in any man's lungs with mathematical certainty and precision, down to the fraction of a single cubic inch. Thus far the patient can see, as well as the physician, what is his actual measure; and by comparing it with what it ought to be in health, he can have some idea of what he has to do, and of his present condition.

"We all must know that if a man's lungs in health should hold three hundred cubic inches, they would, if half gone, certainly not measure over one hundred and fifty, *and so of any other proportion*, down to an inch.

"The two important uses to be made of this most invaluable principal are—

First. If a man can only expire his full healthful quota of air, he most assuredly cannot have actual consumption, what-

ever else may be the matter with him, and the knowledge of this one fact alone, arrived at by such unmistakable evidence, is of incomputable worth to any invalid, not only relieving him of the weight of a million mill-stones, but in affording him an important means of restoration—*hopefulness*, for we almost all instinctively feel, if it is not consumption there is at least a chance of life; but if it is consumption there is no hope.

“*Second.* The next important practical deduction is of a two-fold character.

“If the lungs do not give out their full healthful amount of air, it is because they are actually affected or are threatened. The instrument does not tell this, it must be determined by the mature judgment of the experienced physician.

“If the lungs be in a consumptive decay, the pulse and auscultation, with the data already afforded by measurement, will detect this state of things, with a degree of certainty which is most admirable; and this certainty is made doubly sure, if being under treatment a short time, his lungs measure *less* week after week, for then he is certainly dying by inches.

“But it does not follow, because a man does not measure to his full standard, that he is consumptive; it only shows the one thing—that he is defective as to the action and capacity of his lungs; that deficiency may be the result of decay, or debility, or from the lungs being crowded with phlegm or other fluids; if the deficiency is not from decay, proper treatment will diminish that deficiency from week to week, because the treatment invites back the action of the lungs. Thus it is that the gradual *increase* in the capacity of the lungs to hold air, when that capacity, by any cause, has been diminished, is demonstrative of a return towards health.

“On the other hand, as persons are declining, the measurement decreases week by week, until there is scarce breath enough to enable them to cross the room, and soon they step into the grave.

“A WEIGHTY CONSIDERATION.

“Common consumption comes on by slow degrees, and I have never known a case that was not preceded, for months, by an

inability of the lungs to measure their full standard. I consider it wholly impossible for a man to have actual consumption, until he has not been able for months to measure the full amount of air. This deficit in the measurement of the lungs *never fails* to exist in any case of clearly defined consumption, and inasmuch as it *always* precedes consumption, its existence for some months in succession ought to be considered a symptom of consumption in its early stages, and a course of treatment should be adopted which would annihilate that deficit at the earliest possible moment.

"To show how certainly this deficit of lung capacity, or lung action, is removed, when it exists not as an effect of a decay of the lungs, but as an effect of imperfect action, I give here a few cases.

"C. W. F., aged 17, an only son of a wealthy family, was placed under my care May 26, 1852. Thin in flesh, pain in side, sore throat, tightness across the breast, short breath, difficult to fetch a long breath, troublesome running and sniffing of the nose, a weak back, with other indications of a weakly constitution. The measurement of his lungs should have been two hundred and twenty-five cubic inches; their actual capacity was two hundred.

	Date.	Pulse.	Weight.	Breathing.	Lung Measure.
" May, 1852,	26,	72	103	16	200
June	2,	72	103	16	206
	9,	72	103½	16	216
	24,	72	107	16	238
July	19,	88	104	20	216
	23,	82	103	18	216
August	7,	78	105	15	230
	24,	76	107½	16	238
Sept.	29,	72	111½	16	250
Nov., 1853,	8,	72	121½	16	252

"The parents of this case, particularly the mother, visited me at different times, expressing the deepest solicitude, and exhibiting an abiding impression that their child, upon whom so many hopes were hung, was certainly going into a decline, especially as he had grown up rapidly, and was a slim, narrow-breasted child.

"The reader will perceive with what admirable promptness the lungs answered to the means used for their development, in the very first fortnight, and with that increase of action a corresponding increase in flesh, so that in four months, and they embracing the hottest of the year, when most persons lose both flesh and strength, he had gained eight and a half pounds, while the capacity of his lungs for receiving air had increased one fifth, that is, fifty cubic inches, and at the end of a year, when he called as a friend, was still gaining in flesh, and strength, and vigor, with no indication, apparent or covert, of any disease whatever.

"What untold treasure would these parents have given, when their child was first brought to me for examination, to have known that the very next year their son would have been one of the most hearty, healthy, manly-looking young men of his age in New York; and yet there can be no doubt that he would have dwindled away, like a flower prematurely withered, had his case been neglected, in the vain hope of his '*growing out of it!*'

"The reader will notice, that on the 13th of July, every symptom became unfavorable; his weight diminished, his breathing was more rapid, and his lung-measurement declined largely. The reason is, that he left the city in June, and spent some weeks at Newport and Saratoga, with his parents, intermitting all remedial means; but, as soon as he returned to New York, and gave diligent attention to what was required of him, his symptoms began at once to abate, and he steadily improved to his recovery. '*The Springs*' have proved the grave of many young people with consumptive symptoms, and older consumptives generally get worse there. The high feeding, or *get what you can* system of diet at watering-places, fashionable hotels, and boarding-houses, their Lilliputian, one-windowed rooms, from one to 'five pair back,' the midnight clatter along interminable passages, the tardy, or no answer, to bell-call, the look-out from your chamber window over some stable, side-alley, or neighbor's back yard; these, with the coldness, and utter want of sympathy at such places, would soon make a well man sick, and will kill instead of cure the consumptive. They want, instead of these, the free, fresh mountain air, the plain substantial food of the country farm-house, the gallop along the

highways, the climbing over the hills by day, and the nightly reunions with family and kindred and friends. And yet the *million stereotype this mistake* against all reason and common sense. Only now and then one is found to choose the better way against troops of remonstrants and opposers, who never had experience, who never think for themselves,—and that is the brave man who gets well, especially when he is determined to do so.

“Some years ago I published a compact octavo of a hundred pages, on ‘Throat Ail, Bronchitis and Consumption, their Causes, Symptoms and Cure,’ giving various illustrations in both cases, with the treatment adopted, but like pretty much all who publish on their own account, copies enough were not sold to pay for the paper, consequently they are yet to be had, mailed *post-paid* to any part of the United States, for one dollar, sent to the Editor’s address.”

CLERICAL LETTER.

THE following communication from a former patient is well worthy of lay perusal, and is full of instruction to clergymen. It is a beacon hung out as a warning and a guide to theological students, and happy they who read it early and well. The writer has labored long and hard in the cause to which he has devoted himself, and his name is widely known in this and foreign lands.

One subject is touched, whose importance none but a physician can fully estimate, as a cause of clerical disease; it has so often forced itself upon my attention in seeing its bearing on the health and convalescence of clergymen that I have many times earnestly desired to have the ears of the whole Christian Church for an hour, in order to wake up their attention to

ADEQUATE MINISTERIAL SUPPORT.

There are unavoidable troubles in the ministerial calling, sufficient of themselves to keep a conscientious clergyman almost always in a state of painful anxiety. I need not tell them what these troubles are, both within themselves and without; but when to all these is added the unnecessary trouble of a scanty salary, irregularly paid, seldom fully so, with wife and children at home as dear to them as life itself, whose wants must

be met, and yet every source of meeting them cut off, except by the one channel, often compelled to meet these wants by credit, and then the subsequent torture to a sensitive mind of possible failure to meet the engagement, the weakening of his influence among those to whom he preaches, if "*the preacher promised to pay and didn't do it,*" considered almost in the light of a crime, when, if the same thing were done by a man in ordinary business, it would be thought nothing of, and if done by a rich man, would not even be mentioned, for fear of giving offence—these are things hard, hard to bear, and yet it is a burden which Christian men and tender-hearted women in every section of the Church are daily imposing by the simple sin of inattention. They, in multitudes of instances, take it for granted that their minister is well cared for, and would gladly pay a fourth or a fifth of his salary themselves rather than allow them to labor under such burdens. Church-member, make it your duty this hour to see how it is with your minister.

"Feb. 15,

"MY DEAR SIR,—In consequence of my absence from home, the first number of your "*Journal of Health*" was not received until to-day. I had before had no intimations of its existence. Immediately upon its reception, I sat down to read it, and read it through with interest and profit. It will give me much pleasure to receive and read it regularly, from month to month, and also to embrace every suitable opportunity for recommending it to others. If it can be the means of promoting a practical acquaintance with the philosophy of living, I shall rejoice. It seems to me there is a deplorable, and almost universal ignorance on this subject. And as I look back upon the past, and consider my own deficiency in this respect, I am tempted to wish that I might live my life over again. I commenced my professional career fifteen years ago, under the most flattering circumstances. Several very eligible situations were open to me, and I had a bright prospect of extensive usefulness. But all those prospects were soon clouded, and disease seemed to put, one after another, my expectations and resolutions to flight.

"It was not, however, *wholly* owing to my ignorance of the laws of living, that I was prostrated. I am sorry to add—what a great multitude of my profession could also do—that

not a little of the sad work of physical ruin was done by the people to whom I ministered. I had no personal enemies; but the ceaseless troubles among themselves, and *still more*, the entirely inadequate pecuniary support they gave me, and the consequent excitement and anxiety of mind, were enough, when long continued, to break down the strongest. It seems to me, my dear sir, that if you can effectually rouse the public mind, in your Journal or elsewhere, upon this most fruitful source of the numerous break-downs among ministers, you will accomplish a very great and a very important work. An extensive acquaintance with ministers throughout New England enables me to speak *what I know* on this subject. I speak here of *country* ministers; in the cities there are, so far as I know, more correct and adequate notions on the subject. We ministers open our hearts to each other about it in secret, but it is very seldom that one can be induced, especially if he *loves* his people, and earnestly desires to do them good, to disclose, even to a physician, *all* that bears upon his case as an invalid. While I fully assent to what you say of the laws of health, and know that ignorance of them is the cause of untold suffering among ministers, I also know that the treatment they receive, in the matter of worldly support, and steadfast, considerate, sympathizing *moral* aid, from those they seek to benefit and save, is doing more to cut short their usefulness, happiness, and life, than all other agencies combined. Would not your Journal be the appropriate medium of an occasional communication on this subject?

"Excuse my prolixity. When I commenced writing, I had not the slightest intention of saying anything in this strain. I designed merely to express my interest in the Journal, and to ask that a copy may be sent me.

"I am happy to say that I am still better, though tried by the inclemency and frequent changes of the weather. My little boy also continues better. I enclose one dollar for the Journal, to be directed to this place. Yours, truly."

CURIOUS EPITAPH.—In a country grave-yard in New Jersey there is a plain stone erected over the grave of a beautiful young lady, with only this inscription upon it:

"Julia Adams, died of thin shoes, April 17, 1839, aged 19."

A LESSON TO PARENTS.

I HAD been married fifteen years. Three beautiful daughters enlivened the domestic hearth, the youngest of whom was in her eighth year. A more happy and contented household was no where to be found. My wife was amiable, intelligent, and contented. We were not wealthy; but Providence had preserved us from want; and we had learned that "contentment without wealth, is better than wealth without contentment."

It was my custom, when returning home at night, to drop into one of the many shops that are constantly open in the business streets of the metropolis, and purchase some trifling dainties, such as fruit or confectionery, to present to mother and the children. I need not say how delighted the little ones were at this slight expression of paternal consideration. On one occasion I had purchased some remarkably fine apples. After the repast, half a dozen were left untouched, and my thrifty companion forthwith removed them to the place of deposit, where it was her custom to preserve the remains of our nick-nacks. A day or two after, when I had seated myself at the table to dine, she said to me smilingly:

"So, father has found the way to my safety-box, has he?"

I was at a loss to understand the meaning, and desired her to explain.

"Have you not been in my drawer?"

"What drawer?"

"The upper drawer in my chamber bureau. Did you not take therefrom the largest of the pippins I had put away for the girls?"

"No—I did not!"

"You did not?"

"Not I! I have not seen an apple since the evening I purchased them."

A slight cloud passed over the countenance of my wife. She was troubled. The loss of the apple was in itself nothing; but we had carefully instructed our children not to appropriate to their use, any article whatever of family consumption, without permission; and as permission, when the demand was at all reasonable, had never been denied them, she was loth to

suspect any one of them of the offense. We had a servant-girl in the family, but as she was supposed to know nothing of the apples, my wife hesitated to charge it upon her. She at length broke the silence by saying:

"We must examine the affair. I can hardly think one of the children would so act. If we find them guilty, we must reprove them. Will you please look into it?"

The girls were separately called into my presence; the eldest first.

"Eliza, did you take from your mother's drawer, an apple?"

"No, sir."

"Maria, did you take from your mother's drawer, an apple?"

"No, sir."

"Mary, did you take from your mother's drawer, an apple?"

"No, sir."

"It must have been taken by the servant; call her to me," said I, addressing my wife.

"Nell, how came you to take from the drawer of your mistress, without permission, the largest of the apples she had placed there?"

"Wot apples?"

"Did you take no apple from the drawer of your mistress?"

"No sa."

Now, it was evident that falsehood existed somewhere. Could it be that one of my children had told me a lie? The thought harassed me. I was not able to attend to business. I went to the store—but soon returned again. Meanwhile, the servant-girl had communicated to her mistress that she had seen our youngest go into the garret with a large apple, the morning before. On examination, the core, and several pieces of the rind were found upon the floor. I again called Mary to me, and said to her affectionately:

"Mary, my daughter, did you not go into the garret yesterday?"

"Yes, sir."

"Did you go there with an apple?"

"No, sir."

"Did you notice any thing on the floor?"

"No, sir."

I was unwilling to believe my sweet child capable of telling

me a falsehood ; but appearances were against her. The fault lay between her and the servant, and while I was desirous to acquit my child, I did not wish to accuse unjustly the negro. I therefore took Mary into a room alone, I spoke to her of the enormity of lying—of the necessity of telling the truth—of the severe punishment I should be compelled to inflict upon her, if she did not confess the whole to me, and with tears in my eyes urged her to say that she had done it, if indeed she had. Gradually, I became convinced of her guilt ; and now I felt determined she *should* confess it. My threatenings were not without effect. After weeping and protesting her innocence, and weeping and again protesting, my threatenings seemed to alarm her, and falling upon her knees, she said : “Father, I *did* take the apple.”

Never shall I forget that moment. My child confessed that she was a liar, in my presence !

Suppressing my emotion, I retired ; and Mary, rising from her position, ran to her mother, and in a paroxysm of grief cried out :

“Mother, I did *not* take the apple. But father has made me confess that I did.”

Here was a new aspect of affairs. Lie multiplied upon lie. Could it be possible ! My dear Mary, who had never been known to deceive us—so affectionate—so gentle—so truthful in all the past—could it be possible that she was a confirmed liar ! Necessity was stronger than the tenderness of the father. I chastised her for the first time in my life—severely, severely chastised her ! It almost broke her heart—and I may add, it almost broke mine also.

Yet Mary was innocent ! After-events proved that the negro was the thief. She had conjured up the story of the garret, knowing that Mary would not deny having been there, and to make the circumstances strong against her, had strewn apple-rinds on the floor. I never think of the event without tears. But it has taught me a useful lesson, and that is never to threaten a child into a lie, when it may be he is telling the truth. The only lie I ever knew Mary to tell me, I myself forced upon her by threatenings. It has also fixed in my mind the determination to employ no servant in my family, when I can possibly do without.

The foregoing is a continuation of the article on Parental Corrections in the September number. The author is unknown, but if such impressive lessons have their due effect on the minds of parents, it will save many a pang in after years. "I read your September article on Parental Corrections," said a sunny-faced, energetic business man the other day. "I had just such a case in my own family. The mother was extremely impatient at the child; but I took him to his room, soothed his spirits as much as possible, and slept with him in his own little bed all night." A neighbor of ours, one of the very best of men in all the relations of domestic, social, and business life, corrected a little son of his with great harshness and severity. The next day the boy was taken ill, was sick for a long time, and barely escaped the grave. In the apprehension of the death of the child, and in the contemplation of his daily sufferings, he endured such inexpressible mental torture, he declared he would never punish a child of his again. This was going to the opposite extreme. It is seldom wise, in any domestic management, to lay down a Medo-Persian law; to pass any irrevocable edict; to make any unchangeable regulation. Such things are unbecoming in themselves, and indicate a weak mind. We are the creatures of circumstances. It is best to cultivate force of character, and leave ourselves free to act according to the exigencies of the moment. In reference to any action, whether good or bad, there is so much to modify it which can not be foreseen, that the highest wisdom is to leave one's self free to act when the time for action comes, steadily aiming to avoid haste and harshness; seeking a discreet medium between leniency and sternness; between license and liberty. But in reference to all our dealings with our children, knowing how fallible we are; knowing the numerous sources of misinformation and mistakes around us, it is well, if error must be committed, that it should be on the side of patience, forbearance, and a loving heart. Our children are unresisting, helpless; they look to us naturally for acts of tenderness and love toward them; and if, instead, they should meet an over-share of sternness, of an unrelenting nature, the heart is soon wounded, the affections chilled, their trustingness crushed, and the foundation is laid for a spirit of enmity, dislike, and actual casting off of the tie which binds to home and all its endearments;

and when that is once fairly done, the mischief is without remedy in all time thereafter. Let parents bear these things in mind. A fitful recognizance of their truthfulness is not sufficient; the impression should be of an abiding character, for none other will be sufficient to restrain the promptings of an impetuous nature or of a hasty temperament; thus is it that, in a moment, sometimes an act has been committed or a word uttered, laying the foundation for life-long remorse.

HYGIENE OF POETRY.

THAT good poetry, whether in rhyme or blank verse, has a power over the mind to raise it to the highest pitch of enthusiasm, or even frenzy, or to calm it; like oil thrown on troubled waters, when it has been carried away by boisterous passion, or almost crazed with overwhelming troubles, can not be denied. History, as well as individual experience, strongly confirms the fact. An old familiar hymn, even the sudden remembrance of doggerel rhymes which were learned in innocent childhood, sometimes break over the memory with resistless power, when half a century has passed away, and act on the mind as anodynes upon the physical system. There are times to all when it is profitable to hie away to some solitary nook, when the spirit is in the minor mood or in a perturbed condition, and read with deliberation what some wayfarer, who has gone before, has penned to calm, it may be, his own sorrow or sadness. With this view, the following articles have been selected, which may be read with profit from time to time, for many years to come, by any intelligent, contemplative mind.

THE BLIND BOY.

BY REV. FRANCIS L. HAWKS, D.D., LL.D.

It was a blessed summer day,
The flowers bloomed, the air was mild;
The little birds poured forth their lay,
And every thing in nature smiled.

In pleasant thoughts I wandered on
Beneath the deep wood's ample shade,
Till suddenly I came upon
Two children, who had thither strayed.

Just at an aged birch-tree's foot
A little boy and girl reclined—
His hand in hers she kindly put,
And then I saw the boy was blind.

The children knew not I was near—
A tree concealed me from their view;
But all they said I well could hear,
And I could see all they might do.

"Dear Mary," said the poor blind boy,
"That little bird sings very long;
Say, do you see him in his joy?
And is he pretty as his song?"

"Yes, Edward, yes," replied the maid,
"I see that bird on yonder tree."
The poor boy sighed, and gently said:
"Sister, I wish that I could see.

"The flowers, you say, are very fair,
And bright green leaves are on the trees,
And pretty birds are singing there—
How beautiful for one who sees!

"Yet I the fragrant flowers can smell,
And I can feel the green leaf's shade;
And I can hear the notes that swell
From those dear birds that God has made.

"So, sister, God to me is kind,
Though sight, alas! he has not given;
But, tell me, are there any blind
Among the children up in heaven?"

"No, dearest Edward, there all see—
But why ask me a thing so odd?"

"O Mary! *he's so good to me,*
I thought I'd like to look at God."

Ere long, disease his hand had laid
 On that dear boy, so meek and mild;
 His widowed mother wept and prayed
 That God would spare her sightless child.

He felt her warm tears on his face,
 And said: "Oh! never weep for me;
 I'm going to a bright, bright place,
 Where, Mary says, *God I shall see*."

"And you'll be there, dear Mary, too;
 But, mother, when you get up there,
 Tell Edward, mother, that 'tis you—
 You know I never saw you here."

He spoke no more, but sweetly smiled
 Until the final blow was given,
 When God took up that poor blind child,
 And opened first his eyes in heaven.

COTTAGE BY THE SEA.

CHILDHOOD'S days now pass before me,
 Forms and scenes of long ago,
 Like a dream they hover o'er me,
 Calm and bright as evening's glow,
 Days that knew no shade of sorrow;
 There my young heart pure and free,
 Joyful hailed each coming morrow,
 In the cottage by the sea;
 Joyful hailed each coming morrow,
 In the cottage, the cottage by the sea.

Fancy sees the rose-trees twining
 Round the old and rustic door,
 And below, the white beach shining,
 Where I gathered shells of yore.
 Hears my mother's gentle warning,
 As she took me on her knee;
 And I feel again life's morning,
 In the cottage by the sea.
 And I feel again life's morning,
 In the cottage, the cottage by the sea.

What though years have rolled above me,
 Though 'mid fairer scenes I roam,
 Yet I ne'er shall cease to love thee,
 Childhood's dear and happy home!
 And when life's long day is closing,
 Oh! how pleasant it would be,
 On some faithful heart reposing
 In the cottage by the sea.
 On some faithful heart reposing
 In the cottage, the cottage by the sea.

THE SILL BENEATH THE DOOR.

BY HARBAUGH.

THERE is a strange, a mystic spell
Of memory and love,
That chains my heart to early days,
Where'er I rest or rove.
I see again the old home house,
I walk across each floor ;
I go the passage through, and stand
With farewell words and staff in hand,
Upon the sill
That lies beneath the door.

Each spot around that dear old home,
Its well-kept treasure gives :
In every tree, and wall, and chair,
Some cherished memory lives ;
But no where beats my heart so high,
And no where feel I more
Than here, when musingly I stand,
With farewell words and staff in hand,
Upon the sill
That lies beneath the door.

What silent years have fled since I
Looked out from dear old home,
With hopeful heart, through moist'ning eye,
For better days to come !
'Twas here I turned to those I left,
With longing heart once more—
Here lingered still, where now I stand
With farewell words and staff in hand,
Upon the sill
That lies beneath the door.

I've passed o'er other thresholds since,
To grander halls—but still
I never entered home like this,
Across another sill.
Parents and home we have but once,
When gone they come no more !
Oh ! what a moment when we stand,
With farewell words and staff in hand,
Upon the sill
That lies beneath the door.

YOUTH AND AGE.

From the Etonian.

I OFTEN think each tottering form
 That limps along in life's decline,
 Once bore a heart as young and warm,
 As full of idle thoughts as mine!
 And each has had its dream of joy,
 Its own unequalled, pure romance,
 Commencing when the blushing boy
 First thrills at lovely woman's glance.

And each could tell his tale of youth,
 Would think its scenes of love evince
 More passion, more unearthly truth
 Than any tale, before or since.
 Yes! they could tell of tender lays,
 At midnight penned in classic shades,
 Of days more bright than modern days,
 And maids more fair than modern maids:

Of whispers in a willing ear,
 Of kisses on a blushing cheek,
 Each kiss, each whisper far too dear,
 For modern lips to give or speak:
 Of prospects, too, untimely crossed,
 Or passions slighted or betrayed:
 Of kindred spirits early lost,
 And buds that blossomed but to fade:

Of beaming eyes and tresses gay,
 Elastic form and noble brow,
 And charms that all have passed away,
 And left them what we see them now.
 And is it thus?—is human love
 So very light and frail a thing?
 And must youth's brightest visions move
 Forever on time's restless wing?

Must all the eyes that still are bright,
 And all the lips that talk of bliss,
 And all the forms so fair to sight,
 Hereafter only come to this?
 Then what are earth's best visions worth,
 If we at length must leave them thus?
 If all we value on this earth,
 Ere long must fade away from us?

If that one being whom we take
 From all the world, and still recur
 To all she said, and for her sake
 Feel far more joy when far from her;
 If that one form which we adore,
 From youth to age, in bliss or pain,
 Soon withers and is seen no more—
 Why do we love—if love be vain?

THE DYING WIFE.

Lay the gem upon my bosom,
 Let me feel the sweet, warm breath,
 For a strange chill o'er me passes,
 And I know that it is death.
 I would gaze upon the treasure
 Scarcely given ere I go;
 Feel her rosy, dimpled fingers
 Wander o'er my cheeks of snow.

I am passing through the waters,
 But a blessed shore appears;
 Kneel beside me, husband dearest,
 Let me kiss away thy tears.
 Wrestle with thy grief, my husband,
 Strive from midnight until day,
 It may leave an angel's blessing
 When it vanisheth away.

Lay the gem upon my bosom,
 'Tis not long she can be there;
 See! how to my heart she nestles—
 'Tis the pearl I love to wear.
 If, in after-years beside thee,
 Sits another in my chair,
 Though her voice be sweeter music,
 And her face than mine more fair;
 If a cherub call thee "father!"
 Far more beautiful than this:
 Love my first-born, O my husband!
 Turn not from the motherless.
 Tell her sometimes of her mother—
 You can call her by my name!
 Shield her from the winds of sorrow,
 If she errs, oh! gently blame!

"WHEN THIS OLD RING WAS NEW."

Lead her sometimes where I'm sleeping,
I will answer if she calls,
And my breath shall stir her ringlets
When my voice in blessing falls;
Her soft, black eye will brighten,
And wonder whence it came;
In her heart, when years pass o'er her,
She will find her mother's name.

It is said that every mortal
Walks between two angels here;
One records the ill, but blots it,
If, before the midnight dear,
Man repenteth—if uncanceled,
Then he seals it for the skies;
And her right-hand angel weepeth,
Bowing low with veiled eyes.

I will be her right-hand angel,
Sealing up the good for Heaven:
Striving that the midnight watches
Find no misdeed unforgiven.
You will not forget me, husband,
When I'm sleeping 'neath the sod?
Oh! love the jewel given us,
As I love thee—next to God!

"WHEN THIS OLD RING WAS NEW."

BY G. J. BENNETT.

Your wedding-ring wears thin, dear wife; ah! summers not a few,
Since I put it on your finger first, have passed o'er me and you;
And, love, what changes we have seen—what cares and pleasures too—
Since you became my own dear wife, when this old ring was new.

Oh! blessings on that happy day, the happiest of my life,
When, thanks to God, your low sweet "Yea," made you my loving wife;
Your heart will say the same, I know; that day's as dear to you,
That day that made me yours, dear wife, when this old ring was new!

How well do I remember now, your young sweet face that day;
How fair you were—how dear you were—my tongue could hardly say;
Nor how I doated on you; ah! how proud I was of you;
But did I love you more than now, when this old ring was new?

No—no; no fairer were you then, than at this hour to me,
 And dear as life to me this day, how could you dearer be!
 As sweet your face might be that day as now it is, 'tis true,
 But did I know your heart as well, when this old ring was new?

O partner of my gladness, wife! what care, what grief is there,
 For me you would not bravely face—with me you would not share?
 Oh! what a weary want had every day, if wanting you,
 Wanting the love that God made mine when this old ring was new!

Years bring fresh links to bind us, wife—small voices that are here,
 Small faces round our fire that make their mother's yet more dear,
 Small, loving hearts, your care each day makes yet more like to you,
 More like the loving heart made mine when this old ring was new.

And, blessed be God, all he has given are with us yet; around
 Our table, every little life lent to us, still is found;
 Though cares we've known, with hopeful hearts the worst we've struggled through;
 Blessed be His name for all his love since this old ring was new.

The past is dear; its sweetness still our memories treasure yet;
 The griefs we've borne, together borne, we would not now forget;
 Whatever, wife, the future brings, heart unto heart still true,
 We'll share as we have shared all else since this old ring was new.

And if God spare us 'mongst our sons and daughters to grow old,
 We know his goodness will not let your heart or mine grow cold.
 Your aged eyes will see in mine all they've still shown to you,
 And mine in yours all they have seen since this old ring was new.

And oh! when death shall come at last to bid me to my rest,
 May I die looking in those eyes, and resting on that breast;
 Oh! may my parting gaze be blessed with the dear sight of you,
 Of those fond eyes—fond as they were when this old ring was new.

EVERMORE.

I BEHELD a golden portal in the visions of my slumber,
 And through it streamed the radiance of a never-setting day;
 While angels tall and beautiful, and countless without number,
 Were giving gladsome greeting to all who came that way.
 And the gates forever swinging, made no grating, no harsh ringing,
 Melodious as the singing of one that we adore;
 And I heard a chorus swelling, grand beyond a mortal's telling,
 And the burden of that chorus was Hope's glad word—Evermore?

EVERMORE.

As I gazed and listened, came a slave all worn and weary,
His fetter-links blood-crust'd, his dark brow clammy damp,
His sunken-eyes gleamed wildly, telling tales of horror dreary,
Of toilsome strugglings through the night amid the fever swamp.
Ere the eye had time for winking, ere the mind had time for thinking,
A bright angel raised the sinking wretch, and off his fetters tore;
Then I heard the chorus swelling, grand beyond a mortal's telling:
"Pass, brother, through our portal, thou'rt a freeman evermore!"

And as I gazed and listened, came a mother wildly weeping—
"I have lost my hopes forever, one by one they went away;
My children and their father the cold grave hath in its keeping,
Life is one long lamentation, I know nor night nor day!"
Then the angel softly speaking: "Stay, sister, stay thy shrieking,
Thou shalt find those thou art seeking beyond that golden door!"
Then I heard the chorus swelling, grand beyond a mortal's telling:
"Thy children and their father shall be with thee evermore!"

And as I gazed and listened, came one whom desolation
Had driven like a helmless bark from infancy's bright land;
Who ne'er had met a kindly look—poor outcast of creation—
Who never heard a kindly word, nor grasped a kindly hand.
"Enter in, no longer fear thee; myriad friends are there to cheer thee;
Friends always to be near thee, there no sorrow sad and sore!"
Then I heard the chorus swelling, grand beyond a mortal's telling:
"Enter, brother, thine are friendship, love and gladness evermore!"

As I gazed and listened, come a cold, blue-footed maiden,
With cheeks of ashen whiteness, eyes filled with lurid light;
Her body bent with sickness, her lone heart heavy laden;
Her home had been the roofless street, her day had been the night.
First wept the angel sadly, then smiled the angel gladly,
And caught the maiden madly rushing from the golden door;
Then I heard the chorus swelling, grand beyond a mortal's telling:
"Enter, sister, thou art pure, and thou art sinless evermore!"

I saw the toiler enter to rest for aye from labor;
The weary-hearted exile there found his native land;
The beggar there could greet the king as an equal and a neighbor;
The crown had left that kingly brow, the staff the beggar's hand.
And the gate forever swinging, made no grating, no harsh ringing,
Melodious as the singing of one that we adore;
And the chorus still was swelling, grand beyond a mortal's telling:
While the vision faded from me with the glad word—"Evermore!"

—*Edinburgh Guardian.*

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

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[No. 11.]

VITAL CAPACITY

Is the ability which the lungs have for receiving a sufficient amount of common atmospheric air, for all healthful purposes. The amount which they can receive is measured with mathematical accuracy, to the fraction of a cubic inch; and that measure is as infallibly correct as would be that of any fluid, with any known measuring-vessel; in short, there can be no mistake about it, so that neither the physician nor the patient can be deceived.

It is not of less importance, in a practical point of view, to know how much air a man ought to receive into the lungs habitually, in order to maintain a healthful condition of the system.

The first thought which presents itself to the mind in this connection is, that all persons do not require the same amount of lungs, the same "vital capacity." Children need less than grown persons; women than men; and the requirements of different classes must vary according to size, age, etc. But whatever may be thought in this direction, must give way to hard fact, to actual observation, made thousands of times by educated men of both hemispheres, who could neither have temptation nor object nor inclination to pervert palpable truths; and the great, all-controlling fact, which runs through every experiment and every observation, by whomsoever made, is simply this, that the "vital capacity," the amount of air required by each individual, depends more on the height of the person than on all things else. There are some slightly modifying circumstances, but they all together amount to nothing worth consideration against the great, fundamental, practical truth, that *the height of a man determines*

what shall be his "vital capacity," and not only so — there is a uniform proportion between the different heights; uniform enough to warrant the statement, that for every additional inch in stature, eight more cubic inches of "vital capacity" are required. To illustrate: if a man is five feet seven inches high, his healthful "vital capacity" is two hundred and twenty-two cubic inches; (three 2's, easy of remembrance;) if he measures five feet eight inches, then his "vital capacity" must be eight cubic inches of air more; that is, two hundred and thirty. Some of these statements were made in the October number, under the head of "Spirometry;" the spirometer being the instrument for "measuring the breath," that is, the "vital capacity" of any individual; and they are here repeated, in order to make a connected but more practical application of this doctrine of "vital capacity." It would seem, that the amount of a man's lungs was determined by the development of his chest, by the girth around it; but the hard fact is, that it is not the case. Of two men of equal age and height, one measuring two feet and a half, and the other three feet and a half or four feet, the large chest will not have a greater "vital capacity," will not deliver, at one full expiration, one cubic inch more of air than the smaller-waisted man. This fact is repeated, is constantly coming under the writer's observation.

When it is said that a man five feet seven inches high will, if his lungs are sound and are working fully and well, deliver two hundred and twenty-two cubic inches of air at one full expiration, or take in that amount at one full inspiration, it is not meant to say that he takes that much air into the lungs at each ordinary inspiration, for he really takes in much less, probably a pint, or some forty cubic inches; but the proportions are the same between a full breath, whatever that may be, and the ordinary inspiration of each.

In connection with that wide-spreading malady, "Consumption," and the great fact that as that disease progresses the breath becomes shorter — that is, the "vital capacity" becomes less; taking into account, also, that consumption never begins its actual inroads on the lungs until the "vital capacity" has for weeks and months been less than the healthful standard, and that consumption can not exist without a large diminution of the "vital capacity," the great practical fact comes up before the

mind with striking importance, that the very first thing to be determined, in any case of existing or apprehended consumption, is, "What is the vital capacity?" or, "What is the actual capacity of the lungs for receiving air?" Then, if it is found to be below the healthful standard, there is cause for alarm, and measures should be taken to increase this "actual" capacity of the lungs; and those measures should not be intermitted for a single day, until the desired end is attained, *with a margin*.

It is certainly gratifying to know that the decaying power of the lungs can be re-developed; physicians of various schools have succeeded in devising means, according to the principles of their particular creed. Each one may think his own the best. Our method has advantages not to be lightly valued; it does not cost a dollar of money, and consequently is available to every sufferer, however poor; it does not confine to the house; it is practicable to all; it is attended with no pain; it is combined with no mystery; it is plain to the commonest understanding; and the improvement of the patient, or the fatal progress of the disease, is so certainly marked, that neither the patient nor the physician can be deceived under any ordinary circumstances. But there is an objection to it, which is fatal as to its good effects in perhaps nine cases out of ten. Not one person in ten has the moral power, has force of character enough to carry it out. It would do more or less good in every stage of consumptive disease; can never do any injury whatever; but it is so much easier to drink whisky; to swallow cod-liver oil; to swill porter, ale and beer; to purchase cough-drops and expectorants; there is such a preference for alleviants over eradicators, that it is hardly worth the trouble to explain the philosophy of it to one in ten. Yet, by it, or its substitutes, *as a main means*, persons have attained better health, and lived in considerable comfort for two, ten, and twenty years afterward; and the same results must occur in all time to come, for *nature's agencies never lose their power*. It is by the aid of the foregoing principles, together with observations made daily on that class of diseases to which spirometry, or the doctrine of "vital capacity," is applicable, that the following results have been attained:

1st. Persons who have been abandoned to die of consumption have been ascertained not to have that disease, and, as a consequence, are living at this day.

2d. Others who were not considered to have had that malady, have nevertheless applied for an examination and opinion, and have been found to be in the last stages of that dreaded ailment.

3d. The first spirometer ever made for sale in this country was made to the order of the writer some fifteen years ago, and *no case has ever come to his knowledge which, having been pronounced hopeless by him, has ever recovered.*

There are too many who claim to have special experience and ability in diseases of the air-passages, who pronounce of every man who calls, without exception, "Yours is a very bad case;" and on being appealed to, to know to what extent restoration can be reasonably expected, they reply almost invariably, and in the most decided and confident terms: "I have cured worse cases than yours, and can cure you, with the utmost certainty." The course of the true physician is widely different; both his honor and a common humanity imperatively call upon him to pronounce a plain, candid, and unequivocal opinion. If a hopeless case is recklessly declared "curable," time will prove the falsehood. If a man is laboring under the impression that he has an incurable disease, when on examination it is clear there is no approach to it, it is a cruelty and a robbery to keep him under the false impression, for the purpose of working on his fears, and detaining him from home, under heavy expenses, for the alone object of making a heavy bill.

On the other hand, the cruelty and the robbery are equally vile, if, when the patient is known to be in a hopeless condition, he is detained with promises of cure week after week, and at a heavy, or to him and his, a ruinous expense, until return to home and friends is impossible.

If a man is not consumptive, and is plainly told so, such a burden is sometimes taken from his mind, that a new life is infused into him; he rises above the depressions which were crushing him into the grave, throws off disease, and goes forth in a few days a new being and a well man.

On the other hand, if the symptoms are really grave, it is better that the patient should know it, than be allowed to consider them slight; for then he will be prevented from making those exertions for recovery which are indispensable to his safety. No man will work for life if he is assured that life is not in danger.

Last year I was called to see the wife of a New-York merchant. The husband had been informed by his family physician that he had no hope of her recovery; that she was in a decline. No one but a physician can know how closely he is watched, from the instant of his entering a house in which a patient lies, on whom he is expected to look, and to decide the momentous question of life or death. How the servants usher him into the bed-chamber with noiseless step and deferential speech! How the children, with mouth agape and open eyes, look into the very soul of the medical man, so loudly mute, so beseechingly, as if the power of life and death over their mother was in his keeping! How the husband, with compressed lips and concealed emotion, stands on one side, and under the guise of no observation, reads every gesture made, every look given, weighs every word uttered; determines the bearing of every inquiry made and question answered! These are ordeals through which the city physician is constantly called to pass; and fortunate is he who has perfect control over the expressions of the usually tell-tale countenance, and withal has the grand, supporting influence afforded by a consciousness of the ability to stand in his situation and fill it; and also that other consciousness of an ability of truthfulness under the conviction that deception can be of no permanent or ultimate good. After examining the merchant's wife, with the care which it seemed to merit, and with the earnest desire to make no mistake, it was concluded to say, in the very face of the opinion of the attendant physician: "I really do not think much is the matter with you." In ten days she had made a journey to the National Capital, and spent a fortnight thereafter in seeing its sights. When she returned home, she had no special need of any medical advice.

In passing an opinion as to the nature of any given case of consumptive disease, it is so much less troublesome to speak truly; is such a relief to be free from the incubus of a falsehood; the incubus of always being on guard against belying one's self, that it is wonderful that any man can be found who is willing to set himself deliberately to the task of uttering an untruth and sustaining it afterward for weeks and even months. Nothing can be adequate to such an attempt, but a greed of gold so desperate and mean, as to have eaten out every exalted principle of our nature.

Last long ago an only son was brought for an examination.

It was clear that the youth must die within a month, and that nothing could be done which would be equal to the advantages of being at home in his father's house, and under a mother's care. Any reasonable and even an unreasonable weekly charge would have been more than willingly paid, if even an implied promise of material benefit could have been extracted; but one always sleeps better under a consciousness of truthfulness, with ten dollars in his pocket, than with the conviction that he is a mean misleader, with fifty dollars in his "bag."

Then, again, there is a perfectly delightful feeling which comes over a man (every time he thinks of it) in the felt conviction that he is believed in. It is always a sad thing, and a hard, hard task, to be compelled to say to a doting parent: "Your child can not recover under any conceivable circumstances." But pay comes afterward; when the child has been dead for years, and time has soothed the sorrow over his death, the compensation comes in the saying to this neighbor and that friend and the other acquaintance: "The Doctor did not deceive me." In the case above, the parents were advised to return home without delay, as it was probable their child would not live over a month. The family physician pronounced the opinion incredible, and gave strong assurances of his conviction that he would be well in a month. He was well—in the grave!

It is reasonable to suppose, when a physician is called upon to give his candid opinion of a case, that the family and friends would feel themselves under considerable obligations when such an opinion was given, although unfavorable, especially when that opinion was subsequently found to have been literally correct. But this is not always the case.

I was called last year to see a lady of about sixty years of age. All the appointments of the mansion indicated wealth, position, and culture. After the examination, and retiring from the sick-chamber, I intimated to the friends that the case was a very grave one; that I did not think it was worth while for me to prescribe for her, and that she had better remain under the care of the family physician. I was then pressed to know how long I thought she might live. They seemed incredulous at my reply, not having regarded her case so serious as I seemed to do. As she possessed considerable property, and I considered it of importance so to express myself as not to be misun-

derstood, I said to them: "Nothing short of the power that made her can keep her alive ten days." She died within the time. The family have shown their non-appreciation of a candid opinion ever since.

The intelligent reader will want to know how is it that a physician can tell with such certainty what will be the result in cases like the above. In the first place, over twenty years' special attention to these ailments would give the dullest man facilities of discrimination.

Again, sometimes men can do things without being able to tell how—Barnum's lightning arithmetical calculator for example, and others of that class. I have many times formed an opinion of the case of a stranger entering my office, before he has had time to take his seat, and a painfully minute examination has but confirmed the original opinion. When a man is in the last stages of consumption, there is an indefinable something pervading the whole person, combined in action, speech, gesture, intonation, and expression of countenance, which, although hard to be put in words, tells an "o'er true tale."

A man who is in the decided stages of consumption has not one but several symptoms, each one of which is in itself alarming, but all combined, make an erroneous opinion in a measure impossible.

A certain set of symptoms may exist without the physician being able to say positively, "You have consumption;" if such an one has a healthful "vital capacity," it is certain that it can not be consumption. Another man may not have as many of these bad symptoms, or none of them may be so aggravated, by reason of constitution, temperament, duration, etc., yet, if the spirometer shows that he is deficient in "vital capacity," then the existence of consumptive disease becomes a demonstration.

When I have ascertained that a man has diminished "vital capacity;" that his pulse is much too fast at any and all hours; that he has been losing in flesh and strength and breath, expressed by the complaint of "great shortness of breath;" that, on placing the ear on the chest under the collar-bone, it gives no more sound than if it were laid upon a dead wall; or that it gives such a sound as is made by blowing into a large-mouthed vial; or that there is the sound of blowing through a tube into a vessel of thick soap-suds, I know that consumption is present

in the form of the presence of tubercles, fatal in their numbers; or in the form of a dry cavity in the lungs, showing that they have been eaten away; or a partially filled cavity, indicating that the lungs are in an actual state of decay; of consuming, or consumption; and when such is the case, no honest physician can hesitate to declare that death will most likely be the result; for when the lungs once begin to decay, giving wasting of flesh, strength, and health, the issue is fatal in almost every one of a thousand cases.

But suppose all the above symptoms exist, except that the sound given out is like the twittering of many little birds, then it is not only not consumption, but it is next to impossible, in ninety-nine cases out of a hundred, that the person will ever have consumption. And why? simply because the bird-like twittering heard, when the ear is laid flat on the chest, was never known to be given out by a consumptive patient, but is always given out by an asthmatic; and asthmatics seldom die of consumption, or of any thing else except of old age; in a sense, they die daily; suffer a thousand deaths, but wheeze on, until they dry up to skin and bone, or become dropsical.

But suppose all the symptoms enumerated awhile ago were present, except the twittering sound and a quick pulse, with a "tremendous cough" added, liable to come on any hour of the night or day, then it is clear that it is neither consumption nor asthma, but common chronic bronchitis, and the man has a good chance of living to the age of sixty or seventy years.

It will be observed that I have not enumerated cough and night-sweats as symptoms of consumption; this is simply because they are not always present. "The books" give cases where persons were never observed to have had any cough; and yet, when examined after death, the condition of the lungs showed that consumption was the sole cause of death. "Night-sweats" are always alarming; this has arisen from the fact that persons in the last stages of consumption frequently have them. But this is not always the case; and, again, "night-sweats" are common to several debilitating diseases; sometimes they arise from an anxious state of the mind; at others from accidental circumstances, such as a great change to warmer weather; an over-amount of bed-clothing, or an over-heated room. It always leads to false views and false practices, to make any symp-

tom as an infallible sign of a specific disease, when it belongs to several others. Neither night-sweats, cough, nor spitting blood are any signs of consumptive disease, in and of themselves; nor can they be signs of consumption, even if all were present in the same individual, if the "vital capacity" is at the same time up to the natural healthful standard, and the pulse is in a satisfactory condition.

The practical conclusion of the whole matter is simply this: every man, sick or well, owes it to his safety against consumptive disease, to know what his vital capacity is, and to take proper measures for keeping it up to his healthful standard; and to maintain that healthful vital capacity by such means as do not involve the taking of medicine, a change of climate, change of business, a ruinous expenditure, or a dangerous experiment.

TEMPERANCE TALES, in two beautiful volumes, by the *American Tract Society*, 28 Cornhill, Boston, and J. G. Broughton, 13 Bible House, New-York, is one of the most interesting publications, both for old and young, which the Society have lately issued, and is worthy of a place in every family in the land. The Society have also published an *Index to the Bible*, with suggestions for the profitable reading of the Scriptures, also counsels for prayer, paper cover, about fifteen cents, and is exceedingly useful to every Bible reader and student. *The Hidden Life and the Life of Glory*, by Rev. Dr. Winslow, is just such a work as will feed and nourish and comfort every Christian heart.

ECONOMY AND COMFORT.—A domestic boon, saving time, trouble, work, and money beyond any other similar household invention known to us, is Eddy's Kerosene Stove, preparing tea for a small family for one cent, and a good dinner for less than three. Address, Lesley & Elliott, New-York.

PARENTAL CORRECTIONS:

WITH the following illustration, we conclude the subject treated of in the two preceding numbers, with the earnest desire that they may exert a wholesome and restraining influence on

the minds of parents, in reference to hasty and tyrannical punishments of their little ones, and thus save them from unavailing sorrows, and vain regrets and eating remorse, at a later period of life, when unavoidable troubles come fast enough, and at a time when they are less able to bear them, and even a "grasshopper is a burden."

THE MOTHER'S REMORSE.

THE child was so sensitive, so like that little shrinking plant, that curls at the breath and shuts its heart from light. The only beauties she possessed were an exceedingly transparent skin, and the most mournful blue eyes. I had been trained by a stern, strict, conscientious mother. I was a hardy plant, rebounding at every shock; misfortune could not daunt, though discipline tamed me. I fancied, alas! that I must go through the same routine with this delicate creature; so one day when she had displeased me exceedingly by repeating an offense, I was determined to punish her severely. I was very serious all day, and on sending her to her little couch, said:

"Now, my daughter, to punish you, and show you how very, very naughty you have been, I shall not kiss you to-night."

She stood looking at me, astonishment personified, with her great mournful eyes wide open. I suppose she had forgotten her misconduct till then; and I left her with big tears dropping down her cheeks, and her lip quivering. Presently I was sent for—"O mamma! you will kiss me; I can't go to sleep if you don't," she sobbed, every tone of her voice trembling, as she held out her hand.

Now came the struggle between love and what I falsely termed duty. My heart said, give her the kiss of peace; my stern nature urged me to persist in my correction, that I might impress the fault upon her mind. That is the way I have been trained until I was a submissive child, and I remember how often I had thanked *my* mother since for her straightforward course. I knelt by her bed, and whispered, "Mother can't kiss you, Ellen," though the words seemed to choke me. Her hand touched mine; it was very hot; but I attributed it to her excitement. I blamed myself, as the fragile form shook with

suppressed sobs ; and saying, "Mother hopes Ellen will mind her better after this," left the room for the night.

It might have been about midnight when I was awakened by the nurse. Apprehensive, I ran to the child's chamber. I had a fearful dream. Ellen did not know me. She was sitting up, crimsoned from the forehead to the throat, her eyes so bright that I almost drew back aghast at the glance. From that night a raging fever drank up her life—and what do you think was the incessant plaint poured into my anguishing heart, "Oh ! kiss me, mother, do kiss me. I can't go to sleep. You'll kiss your little Ellen, won't you ? I can't go to sleep. I won't be naughty if you'll kiss me. Oh ! kiss me, dear mamma. I can't go to sleep."

Holy little child, she did go to sleep one gray morning, and never woke again—no, never ! Her hand was locked in mine, and all my veins icy with its gradual chill. Faintly the light faded out in the beautiful eyes—whiter and whiter grew the tremulous lips. She never knew me ; but with her last breath she whispered : "I will be good, mother, if you will only forgive me."

Kiss her ! God knows how passionate and unavailing were my kisses on her cheek after that fatal night. God knows how wild were my prayers, that she might know if only once that I would have yielded up my life could I have asked forgiveness of that sweet child.

Well, grief is unavailing now. She lies in her little tomb ; there is a marble urn at her head, and a rose-bush at her feet—there grow sweet summer flowers ; there waves the gentle grass ; there birds sing their matins and vespers ; there the blue sky shone down to-day, and there lies the freshness of my heart.

Parents, you should have heard the pathos in the voice of that sad mother as she said : "There are plants that spring into great vigor if the heavy pressure of a footstep crush them ; but oh ! there are others that even the pearls of the light dew bend to the earth." Mothers and fathers, be kind to the little ones. Do not wait till the daisies grow over their bosoms, before you learn to chide them in love. Kiss them before you strike them. By and by you must leave them ; but leave no thorns in their memory.—

THE TWO REVENGES.

Selected.

SOME centuries since, the chief of the district, Maclean of Lochbuy, had a grand hunting excursion. To grace the festivity, his lady attended, with his only child, an infant, then in the nurse's arms. The deer, driven by the hounds, and hemmed in by surrounding rocks, flew to a narrow pass, the only outlet they could find. Here the chief had placed one of his men to guard the deer from passing; but the animals rushed with such impetuosity, that the poor forester could not withstand them. In the rage of the moment Maclean threatened the man with instant death; but his punishment was commuted to a whipping, or scourging in the face of the clan, which in those feudal times was considered a degrading punishment, fit only for the lowest of menials, and the worst of crimes. The clansman burned with anger and fierce revenge. He rushed forward, plucked the tender infant, the heir of Lochbuy, from the hands of the nurse, and bounding to the rocks, in a moment stood on an inaccessible cliff, projecting over the water. The screams of the agonized mother and chief at the awful jeopardy in which their only child was placed, may easily be conceived. Maclean implored the man to give him back his son, and expressed his deep contrition for the degradation he had in a moment of excitement inflicted on his clansman. The other replied that the only conditions on which he would consent to the restitution were, that Maclean himself should bare his back to the cord, and be publicly scourged as he had been. In despair the chief consented, saying he would submit to any thing, if his child were but restored. To the grief and astonishment of the clan, Maclean bore this insult, and when it was completed, begged that the clansman might return from his perilous situation with the young chief. The man regarded him with a smile of demoniac revenge, and, lifting high the child in the air, plunged with him into the abyss beneath. The sea closed over them, and neither, it is said, ever emerged from the tempestuous whirlpools and basaltic caverns that yawned around them, and

still threaten the inexperienced navigator on the shores of the Mull.

Two men, living in the southern part of Africa, had a quarrel, and became bitter enemies to each other. After a while one of them found a little girl belonging to his enemy, in the woods, at some distance from her father's house. He seized her and cut off both her hands; and, as he sent her home screaming with her bleeding wrists, he said to her: "I have had my revenge."

Years passed away. The little girl became a Christian, and had grown up to be almost a young woman, when, one day there came to her father's door a poor, worn-out, gray-headed old man, who asked for something to eat. She knew him at once as the cruel man who had cut off her hands. She went into the hut, and ordered the servant to take him bread and milk, as much as he could eat, and sat down and watched him eat.

When he had finished, dropping the covering that hid her handless wrists from view, and holding them up before him, she exclaimed: "I have had my revenge!" The man was overwhelmed with surprise and humiliation. But the blessed Saviour had said: "If thine enemy hunger, feed him; if he thirst, give him drink."

ILL-NATURE REBUKED.

A GREAT many years ago, when I was a little girl, I started to take a journey to see my aunt—not in the cars—they had never thought of such a thing then—but in the stage. Now I felt very proud to be going away off without papa, or mamma, or nurse to take care of me, and only my Uncle Charlie alone, who was a gay, pleasant young man in college. Now I sat snugly tucked beside uncle on the back seat, sitting very straight, and wondering very much in my silly little heart if the gentleman on the front-seat would not think I was a young lady—father said I was so large of my age—and then more silly, may be he would think I was grown up, and was Uncle Charlie's wife. Oh! how absurd it was, was it not, children, that I,

only nine years old, should have ever thought of such a thing? My grown-up consequential feelings did not last long, though, for soon the stage stopped, and a very feeble-looking old man with a little girl, whose hood covered up her whole face, got in. The old man saw Uncle Charlie's pleasant face, and said: "If you please, sir, take your little girl on your lap, and I will mine. I like to ride on the back-seat, the others make me sick." "Certainly, sir." And my dignity was very summarily disposed of, by uncle's lifting me, without another word, into his lap. He only laughed, because he had no little girl, and it was a funny mistake. But I did not laugh. I pouted and made uncle very uncomfortable with my fidgeting about, and sour, hateful looks. I happened to look up in a few minutes, and I saw the child, sitting on the old man's lap, had her hood taken off, but her eyes all covered up with a great, thick bandage. Soon she spoke in the sweetest voice to the old man: "Grandpa, may be we could sit somewhere else, and let the little girl sit here." How I wonder that she knew I was cross about it, with her eyes all covered up, so she could not see my face, and I had been ashamed to say any thing. "Oh! no," said I, sorry, and forgetting my ill-humor in wondering why she kept her eyes covered all up that way.

Again I said: "Please don't be hurt at me, but won't you tell me what ails your eyes?" "Oh! yes," she said, very sweetly, "I was coming down-stairs with the scissors in my hands, and I put my eye out, and then the other got blind, too, and now I can never see out of either any more. But I am going to Boston to try and have the doctor there do something for them, so that they won't hurt me so badly." My eyes filled with tears for the poor blind girl. "Can she never see again?" said my uncle. "No, there is no hope of that," said the old man very sadly. "Grandpa says I can see when I get to heaven," said she in a very low whisper, and looking very cheerful and bright as she said it. "Is she happy that way, always?" said my uncle. "Yes, always. Every one calls her 'happy Mary.'"

She got out soon, said grandma—taking off her spectacles, and even then wiping her eyes—and I never saw her again, but I never forgot her; but I always remembered, when I was

inclined to be cross over little things, poor blind Mary, who would never see till she got to heaven; and yet whom every one called "happy Mary."—*Western Churchman*.

THE IDEA OF WEALTH.

It is said that John Jacob Astor, who never was worth half as much as his son now is, advised a man who had made a good start in life, not to try to be *wealthy*, adding: "It's only a vexation; a man who has four or five hundred thousand dollars is as well off as if he were rich." The millionaire was right, or if he erred, it was in the hight of his estimate. We can use a little money for our personal needs—not much; and as to the rest, we can give away a little—not a great deal, if we give it wisely. After that, the remainder is a burden—a sheer load, which wears a man out in the care of it. Suppose the case of a man worth between forty and fifty millions of dollars, and there are not a few such in the world. He would receive on this property, if it were made productive, a round income of five per cent, or \$2,250,000 per annum. Now we have no clearer idea of two millions of dollars than we have of forty millions. It is a great deal of money; we must reduce it again, to make it manageable.

We will suppose that the income of the reader is \$2400 per annum, which is much above the average. If he receives it regularly at the end of his day's work, it will be six dollars and sixty-seven cents per diem—a sufficient sum, on which a large family may be supported and children educated, with something to spare for the poor. The difference between this amply-provided person and Mr. Astor, is, that the latter receives something more than \$6000 every day.

If the six dollar man thinks he works any harder than he of the six thousand, he is much mistaken; if he thinks that the other enjoys more substantial comfort, he is equally in error.

We should have a great deal of consideration and sympathy for rich men. Their roses have thorns, and are finer to look

at than to have in the hand. The owner of the shining parterre is, after all, not as well off as the careless passer-by, who enjoys all its beauties without one of its responsibilities. There is the responsibility of benevolence, for example. Every body says that a rich man ought to give away a great deal of money. This requires no small degree of good judgment. A wide and indiscriminate almsgiving does no good ; on the contrary, much harm. The laws of God and nature as to private thrift are identical. There is a niggardliness, to be sure, which is easily strengthened in the human heart, and which turns it, at length, into a parchment money-purse. But no man's heart needs to fall into this shriveled condition. There are safe outlets for money enough to save the thriftiest of men from such a drying up. Even Mr. Croesus Bags, burdened as he is by involuntary accumulations, could find the means of saving himself. But the notion that a man ought to give away every thing that he gains, beyond the comfortable support of himself and his immediate dependencies, is a hurtful fallacy. A man who is in health, is not morally entitled to any thing which he does not earn. And, as all moral laws are found to be consistent with each other, it is ascertained that the acquisition of unearned money is almost uniformly a damage rather than a benefit. The moment a man is thus endowed, nature struggles to restore her standard of equilibrium by dispossessing him, and reducing him to his former position. The brief stay of inherited possessions, in the absence of legal protection for the mere inheritance of fraudulent gains, and of wasteful charities is the evidence. There are plentiful instances of real need, of cases in which palliative help is necessary, and in which it may not be rightly withheld. Those who are ready to perish from want ; those who are in circumstances of spiritual destitution ; those who are earnestly helping themselves against odds ; those who are unwilling to receive alms, and can scarcely be induced to take it—are to be found every where, and afford an ample opportunity to deplete dangerous wealth. Nor should we *always* turn away from the whining mendicant, whether he come in cravat and broadcloth or in rags ; sometimes even he may have a claim upon us. We should hear and judge.

Wealth belongs to some men, just as intellect belongs to others. They would be rich any where, just as their envious neighbors would be poor any where. At an agrarian meeting in this city about twenty years ago, a gentleman of property obtained a hearing and forcibly argued this point. Addressing a sailor near him, who had been prominent in the proceedings, he asked :

"What would you have me do with my money?"

"Divide it equally among us all," replied Jack.

"That would give us about \$10 each, and to-morrow I should have \$9.50 of mine left, while yours would be gone. What then?"

"Shiver my timbers!" exclaimed the sailor, in perplexity, "why—then divide again!"—*N. Y. Times.*

Manners.—I wish cities would teach their best lesson, of quiet manners. It is the foible, especially of American youth, —pretension. The mark of the man of the world is absence of pretension. He does not make a speech; he talks in a low business tone, avoids all brag, is nobody, dresses plainly, promises not at all, performs much, speaks in monosyllables, hugs his fact. He calls his employment by the lowest name, and so takes from evil tongues their sharpest weapon. His conversation clings to the weather and the news, yet he allows himself to be surprised into thought, and the unlocking of his learning and philosophy. How the imagination is piqued by anecdotes of some great man passing incognito, as a king in gray clothes! of Napoleon affecting a plain suit at his glittering levée! of Burns, or Scott, or Beethoven, or Wellington, or Goethe, or any container of transcendent power, passing for nobody! of Epaminondas, "who never says any thing, but will listen eternally!" of Goethe, who preferred trifling subjects and common expressions in intercourse with strangers, worse rather than better clothes, and to appear a little more capricious than he was! There are advantages in the old hat and box-coat. I have heard that throughout this country, a certain respect is paid to good broadcloth; but dress makes a little restraint; men will not commit themselves. But the

box-coat is like wine; it unlocks the tongue, and men say what they think.—RALPH WALDO EMERSON.

Another writer says: The young should be mannerly, but they feel timid, bashful and self-distrustful the moment they are addressed by a stranger or appear in company. There is but one way to get over this feeling, and acquire easy and graceful manners, and that is, to do the best they can at home as well as abroad. Good manners are not learned so much as acquired by habit. They grow upon us by use. We must be courteous, agreeable, civil, kind, gentlemanly, and manly at home, and then it will become a kind of second nature every where. A coarse, rough manner at home begets a habit of roughness, which we can not lay off if we try, when we go among strangers. The most agreeable persons in company are those who are most agreeable at home. Home is the school for all the best things.

Be Agreeable.—In journeying along the Road of Life, it is a wise thing to make our fellow-travelers our friends. The way, rough as it may seem, may be pleasantly beguiled with an interchange of kindly offices and pleasant words. Suavity and forbearance are essential elements of good companionship, and no one need expect to pass pleasantly through life who does not *habitually* exercise them in his intercourse with his fellows. The Ishmaelite, whose hand is against every man, may die in a ditch without a finger being outstretched to save him. And why should we rudely jostle and shoulder our neighbors? Why tread upon each other's toes? The Christian gentleman is always careful to avoid such collisions, for courtesy and loyalty to his race are a portion of his moral and religious creed; to be loved and honored of all, his highest earthly ambition. He seeks to turn away wrath with a soft answer, and if a brawler obstinately beset his path, he steps aside to avoid him, saying, as "My Uncle Toby" said to the pertinacious fly: "Go thy ways; the world is wide enough for thee and me!"

There is another and meaner view of the subject, which we commend to the consideration of the worldly-wise and selfish. It always *pays* to be courteous, conciliating, and mild of tongue.—*Ledger*.

Style.—Some men of vigorous minds, but more conversant with things than with words, and who, having never studied composition as an art, have not learned that real force of style must be effortless, and consists mainly in its simplicity and appropriateness; they fancy that common words are not half strong enough to say what they want to say; and so they try to strengthen them by writing them in a different character. Men of science do this; for words with them are signs, which must stand out to be conspicuous. Soldiers often do this; for, though a few of them are among the most skillful in the drilling and maneuvering of words, the chief part have no notion that a word may be louder than a cannon-ball, and sharper than a sword. Cobbett is profuse of italics. This instance may be supposed to refute the assertion, that the writers who use them are not versed in the art of composition. But, although Cobbett was a wonderful master of plain speech, all his writings betray his want of logical and literary culture. He had never sacrificed to the graces; who can not be won without many sacrifices. He cared only for strength; and as his own bodily frame was of the Herculean, rather than the Apollonean cast, he thought that a man could not be very strong unless he displayed his thews. Besides, a Damascus blade would not have gashed his enemies enough for his taste; he liked to have a few notches on his sword.

Music-Lessons.—Porpora, one of the most illustrious composers of Italy, entertained a great feeling of friendship for a young man, a pupil of his. He asked his youthful acquaintance whether he thought he possessed courage enough to follow constantly the road he, Porpora, traced out for him, however wearisome it might appear. On receiving an affirmative reply, Porpora wrote down, upon a piece of ruled paper, the diatonic and chromatic scales, both ascending and descending, skips of thirds, fourths, fifths, etc., to teach him to master the intervals and sustain the sound, besides shakes, groups, *appoggiaturi*, and other vocal exercises of various kinds. This one sheet of paper furnished both master and pupil occupation for a year; the following year also was devoted to it. The pupil began to murmur, but the master reminded him of his promise. The fourth year passed, the fifth year followed, and still there was

the same eternal sheet of paper. Even during the sixth year it was not given up, though lessons in articulation, pronunciation, and declamation were added. At the end of the year, the pupil, who thought he was only engaged on the elements of his art, was surprised at hearing his master say: "There, my dear boy, you have nothing more to learn; you are the first singer in Italy." Porpora spoke the truth, for the singer was Caffarelli.

The Influence of Temper on Health.—Excessive labor, exposure to wet and cold, deprivation of sufficient quantities of necessary and wholesome food, habitual bad lodging, sloth, and intemperance, are all deadly enemies to human life; but they are none of them so bad as violent and ungoverned passions. Men and women have survived all these, and at last reached an extreme old age; but it may be safely doubted whether a single instance can be found of a man of violent and irascible temper, habitually subject to storms of ungovernable passion, who has arrived at a very advanced period of life. It is, therefore, a matter of the highest importance to every one desirous to preserve "a sound mind in a sound body," so that the brittle vessel of life may glide down the stream of time smoothly and securely, instead of being continually tossed about amidst rocks and shoals which endanger its existence, to have a special care, amidst all the vicissitudes and trials of life, to maintain a quiet possession of his own spirit.

The Loss of Children.—Those who have never passed through this fiery furnace, which tries the inmost heart, can not sympathize with bereaved parents whose hearts bleed over their children dead. To describe the anguish which rends their hearts, as they gaze upon the loved forms on whom their fondest hopes and highest aspirations had rested so firmly, now cold and lifeless in their coffin-home, would require a pen dipped in the very essence of the sublimest sorrow itself. None but the parents can feel it, and none but those who have mourned like them, can sympathize with those who mourn the death of their children. The loss no power on earth can make good or even alleviate. No power on earth can bring them back, and place them again beneath their parents' loving gaze and fond care. From earth they have taken their final departure,

never, never to return. The little chair they occupied, the little plate and the knife and fork they used, will be to them of service no more—but merely lonely mementoes of their existence. The patter of their little feet upon the floor, and the music of their sweet, sweet voices, will greet the parents' ear never again on earth. All will be a recurrence of all that is dreary and dismal. But hope, plumed by religion, points to a happy meeting in another and better world.

Secret of Eloquence.—I owe my success in life to one single fact, namely: At the age of twenty-seven I commenced, and continued for years, the process of daily reading and speaking upon the contents of some historical or scientific book. These off-hand efforts were made sometimes in a cornfield, at others in the forest, and not unfrequently in some distant barn, with the horse and cow for my auditors. It is to this early practice in the great art of all arts that I am indebted for the primary and leading impulses that stimulated me forward, and shaped and molded my entire subsequent destiny. Improve, then, young gentlemen, the superior advantages you here enjoy. Let not a day pass without exercising your powers of speech. There is no power like that of oratory. Cæsar controlled men by exciting their fears; Cicero, by captivating their affections, and swaying their passions. The influence of the one perished with its author; that of the other continues to this day.—HENRY CLAY.

Christianity Aggressive.—The defensive armor of a shrinking or timid policy does not suit her. Hers is then asked majesty of truth; and with all the grandeur of age, but with none of its infirmities, has she come down to us, and gathered strength from the battles she has fought and the victories she has won in the many conflicts of many generations. With such a religion as this, there is nothing to hide. All should be above board; and the broadest light of day should be made freely to circulate through all her secresies. But secrets she has none. To her belong the frankness and simplicity of conscious greatness; and whether she grapple it with pride of philosophy, or stand in front opposition to the prejudices of the multitude, she does it upon her own strength, and spurns all the props and all the auxiliaries of superstition away from her.—DR. CHALMERS.

POSTURE IN WORSHIP.

Of all the lazy folks in creation, old-school Presbyterians take the lead in reference to the manner in which they conduct religious worship on the Sabbath-day. Every principle of physiology and common-sense is subverted; every instinct of propriety, respect, reverence, and devotion are all sacrificed to the Moloch of personal idleness and ease. The people go in, squat down on benches, and sit and sit for two mortal hours, neither kneeling nor standing until two or three minutes previous and preparatory toward taking their hats and marching out. Some denominations have the decency to kneel in prayer, which seems very appropriate and becoming; the Presbyterian leans forward, spreads out his elbows along the pew-back for about a yard, leans his forehead on his hands and goes to sleep, becomes semi-comatose, or lays plans for next day. Some of them, the women, doubtless are devout as far as persons can be who can scarcely keep their eyes open. Does it not defy criticism, that keeping one position for nearly two hours predisposes to sleep, which is further cherished and invited by leaning forward, as just described, and closing the eyes. Episcopalians are called formal by some, and ceremonious, by their frequent change of position in sitting, standing, and kneeling; others derisively speak of it as "bobbing up and down all the time," so that a stranger can't tell what's what, as sometimes they sit when they sing, at others stand when they sing; now the minister recites, and they stand; again he recites, and they sit; a third time, and they lean forward; sometimes he says, "Amen!" and they lean on, take no notice of it; at another time he says, "Amen!" and "as you were" seems to be the order of the day. We never fail to get mixed up entirely when we go to hear the Episcopalians preach; nor have we any chance of going to sleep. Who ever sits squat down two hours at a stretch at home, abroad, anywhere on the face of the earth, except a Presbyterian at public worship? It is the more irrational, in proportion as the worshiper is a laboring man, or is actively engaged in business during the week, for the blood will tend to stagnation from the long one position, the body becomes uneasy and cries out for change, as is evidenced plainly enough by the incessant wriggling about in the pew; while the brain is oppressed by the stagnating blood, and the mind works sluggishly and sleepily. The good old-fashioned Methodist plan is the best, the most rational, devout, and becoming; to sit when they listen to man; to kneel when they address the Great I Am; to stand when they praise before the Saviour of all. But homely old Methodism is getting out of date now; it isn't decorous in these times to "shout aloud" and show that the worshiper is a wide-awake Christian, a living man; they don't sing in these times as if they would split their throats open with the gushing unction of their songs, but they are getting to be put in strait-jackets like other people, with "steepelows" to their churches, and doors to their pews, as if to keep out the uncircumcised and the stranger; while their foretime soul-singing has dwindled down to a prim squeak, like a penny whistle that had the croup. What would good old John Wesley say, if he could be resurrected?

CANCER

Is the Latin word for "Crab," and was applied to that kind of sore which has the spragging look of that ugly animal. The essence of cancer is in a depraved condition of the blood; it is hard, soft, or yielding, as a sponge; it is a loathsome and thus far an incurable disease. It is worse than incurable, because if healed up, or cut out at one place, it is sure to sprout up in a dozen others. Sometimes a sore is cured, that looks like a cancer, and the pretended curer is willing enough that it should be considered a real one, hence ingenious impositions have been practiced on many and many hearts sickened to death by false hopes. Cancer is developed in two ways almost always. First, nature makes an effort to pass out of the system, through some gland, matters, the presence of which is hurtful; thwarted, the gland under certain conditions becomes cancerous, becomes an eating running sore, which, if let alone, will always secure a longer life than if it is not allowed to run, by "healing it up," or cutting it out. Second, when a gland is injured by a cold settling in it; or by a bruise, cancerous disease begins to develop itself when the blood is in a depraved condition. The same cold or bruise would have passed off without injury, had the individual possessed vigorous health. Cancer is confined chiefly to females, because of their in-door life, so promotive of a poisoned blood from want of exercise and from the routine nature of their existence. Its commonest seat is the left breast, first appearing an undischorded hard lump the size of a marble or pea, growing very slowly, and as it becomes more active, giving the characteristic star-like pains; pains which shoot out or lancinate in every direction like the rays of a star. Any pain of this sort, confined to one spot, should be always regarded with apprehension. After a while the skin assumes a puckered appearance, sometimes with heat, soon breaks and throws out a thin fluid, with more or less blood, next emitting a most offensive smell as the fungus mass springs forth and eats its horrible way into the very vitals.

Cancer of a more superficial character sometimes attacks the nose, the lower lip, and the corner of the eye, looking at first like a "fever-blister," or a wart with an uneven surface; at other times it comes with a dry scale, which falls, or is picked off; another and another comes, each going deeper, until the hateful sore assumes its characteristic appearance. It is admitted the world over, because statistical tables prove it, that "cutting out a cancer," especially from the breast, is fatal in nine cases out of ten. Whether that tenth case may not be a cancer only in appearance, is a question. As all acknowledge that cancer arises from a depraved condition of the blood, those who fear cancer, with or without cause, should use means to keep the general system in the highest health possible, as a means of purifying the blood, and thus indefinitely postpone the breaking out of the cancerous sore; keeping it in its hard state as it were; just as tubercles in the lungs, which are hard lumps there, and which are not capable of causing common consumption as long as they remain hard, may be kept in abeyance for a long lifetime by a vigorous following out of those activities which the experienced physician has so often seen to be efficient in such cases. Meanwhile, if any person has an actual sore which seems to be of a cancerous character, try any body and any thing reasonably promising even a slight benefit.

WEATHER SIGNS.

SUDDEN changes of weather are the immediate cause of the sickness and death of multitudes, hence all persons owe it to themselves to study to some extent the portents of the heavens, from their own observation, as to the localities in which they live, paying but little attention, and relying not at all, on the signs of the weather as read in books, or detailed by others. Rules for farming and weather signs are proverbially uncertain and conflicting, arising from the one cause of applying observations of one locality to those of another. A wind blowing from the East brings rain to the Atlantic States, because it comes from the sea; but a wind from the West brings rain to San Francisco, because it comes from the sea. The dates for planting in Minnesota would not answer in Louisiana. There are, however, some general signs which are applicable to all lands. Parents should begin early to draw the attention of their children to the weather signs of their individual localities; this habit of observation will be largely valuable in other directions, in practical life.

The following lines are attributed to Dr. Jenner, written on declining an invitation to an excursion; these signs can be readily explained on strictly scientific principles:

' The hollow winds begin to blow,
The clouds look black, the glass is low,
The soot falls down, the spaniels sleep,
And spiders from their cobwebs creep.
Last night the sun went pale to bed,
The moon in halos hid her head;
The boding shepherd heaves a sigh,
For see! a rainbow spans the sky.
The walls are damp, the ditches smell,
Closed is the pink-eyed pimpernel.
Hark! how the chairs and tables crack;
Old Betty's joints are on the rack;
Her corns with shooting pains torment her,
And to her bed untimely send her.
The smoke from chimneys right ascends,
Then spreading back to earth it bends.
The wind unsteady veers around,
Or settling in the south is found.
The tender colts on back do lie,
Nor heed the traveler passing by.
In fiery red the sun doth rise,
Then wades through clouds to mount the skies.
Loud quack the ducks, the peacocks cry,
The distant hills are looking nigh.
How restless are the snoring swine!
The busy flies disturb the kine.
Low o'er the grass the swallow wings;

The cricket, too, how loud it sings;
Puss, on the hearth, with velvet paws,
Sits smoothing o'er her whiskered jaws.
Through the clear stream the fishes rise,
And nimbly catch the incautious flies.
The sheep were seen, at early light,
Cropping the meads with eager bite.
Though June, the air is cold and chill;
The mellow blackbird's voice is still;
The glow-worms numerous and bright,
Illumed the dewy dell last night.
At dusk the squalid toad was seen,
Hopping, crawling o'er the green.
The frog has lost his yellow vest,
And in a dingy suit is dressed.
The leech, disturbed is newly risen,
Quite to the summit of his prison.
The whirling wind the dust obeys,
And in the rapid eddy plays.
My dog, so altered in his taste,
Quits mutton-bones, on grass to feast.
And see yon rooks! how odd their flight!
They imitate the gliding kite;
Or seem precipitate to fall,
As if they felt the piercing ball.
'Twill surely rain. I see with sorrow,
Our jaunt must be put off to-morrow."

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

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HOW AN AUTOCRAT DIES.

A HIGH degree of worldly prosperity leads most men, who have been unused to it, to forget God. On the other hand, a high position, as to money or power, continued for generations, often inclines men to seek the solaces of religion. The poor are prone to think that in riches there is happiness. The rich know that riches do not secure happiness, and hence look to religion as the only source left for enduring pleasures, and the hopes of heaven. Hence, most of the greatest of earth's rulers this day, recognize the claims of Christianity as they understand it, and more or less square their lives by its precepts.

The King of Hanover is afflicted with blindness, but we are pleased to learn from the *News of the Churches* that "the eyes of his understanding have for years past been enlightened;" that he is not only a believer in the Lord Jesus, but a confessor of his name, and neither ashamed to own himself a disciple, nor to defend the cause of his Lord before high and low. On the occasion of the laying of the corner-stone of a new church in his capital, he made some remarks which indicated a heart experienced in spiritual things. He said in concluding:

"Furthermore, I entreat the Almighty to permit that the Gospel of his dear Son may be transmitted from this church to all heathen lands, it being my desire and resolve, that henceforth all Hanoverian missionaries shall receive ordination with-

in the walls of this Christ church, which may thus become a well of salvation, not only to its own congregation, but to the nations of the farthest regions of the globe."

The late Nicholas of Russia, the Autocrat of sixty millions of subjects, was one of these, as would seem from incidents occurring in his last and brief illness, the authority being from a source very near the throne.

"Towards night the last glimmer of a chance of recovery disappeared. On being made acquainted with the fact, the Empress, like a Christian wife, went to his bedside promptly, to impart the important intelligence to her dying husband, he being all unconscious that he was even dangerously ill. The Emperor was not prepared for this visit. She bent down over his bed and said to him tenderly and gently." It should be remembered here that, a few days before, while partaking of the Holy Sacrament, a feeling of debility or exhaustion came over the Emperor, so that he could not proceed with it. Under these circumstances, it is wonderful with what adroitness and affectionate delicacy and presence of mind the Empress made use of the fact. "My dear, you were not able to finish your devotions, so as to commune together with us, as on former occasions. Why should you not do it now? You know that for a Christian there is no better medicine, and many have even been recovered by it from their sickness."

"How!" replied the Emperor quickly, "would you have me commune in bed? I am always happy, always desirous to perform this duty. Am I then in danger?"

The Empress embraced him, and asked:

"Do you love me now as ever? as in old time?"

"Love you? yes! How should I not love you? The day we saw one another for the first time, my heart said to me, There is one who is to be your guardian angel throughout life, and this prediction of my heart has been accomplished. You are weeping!" Her tears flowed apace, and she began to repeat the Lord's Prayer in a low tone. The Emperor followed the words, and added, in a firm voice, when the Empress pronounced, "Thy will be done!" "Yes, in all things and always."

The Emperor understanding all, turned a firm and scrutinizing look on the physician, saying:

"Tell me, then, what is it? Am I dying?"

Choked with emotion, the physician said: "Yes, sire!"

After a brief silence, the Emperor inquired:

"What have you discovered in me with your stethoscope? Abscesses?"

"No; but the commencement of paralysis of the lung."

"And you have had the courage, thereupon, to pronounce my sentence—to condemn me definitively to death?"

His physician reminded him that he acted in accordance with a promise exacted by the Emperor a year and a half before, when the Emperor said to him:

"I require of you to tell me the whole truth, and in time, when you see that there is need."

The Emperor listened with calm attention, and replied: "I thank you."

At the Emperor's request, the family were called in. After prayers, the Emperor said, "I pray the Lord to receive me in his arms," and partook of the Sacrament with the utmost calmness and devout fervor. After having first rendered to God the things that are God's, Nicholas next turned his attention to the affairs of his vast empire. He ordered telegrams to the chief cities to say, "The Emperor is dying," adding, "The Emperor bids adieu to Moscow." He ordered his funeral to be conducted with as little expense as possible, as it would fall ultimately on his people.

He spoke or sent kind words of remembrance to every member of his immediate household, not forgetting a child or a grandchild. But his tenderest and most constant attention was centered on her who had so long traversed with him the vicissitudes of life and empire. Addressing her, and pointing to his children present, he said: "You must live for them." And to his children: "Live always, as now, in the closest union of family affection."

A courier arrived from the Crimea, bringing letters and dispatches from his sons, the Grand Dukes Nicholas and Michael. "Are they well?" inquired the Emperor. "The rest is nothing to me now. I belong wholly to God."

He then asked his physician with a smile:

"When do you mean to let me go?"

"Not yet."

"Shall I not wander, or become insensible?"

"I hope, sire, that all will pass quietly."

Then embracing his son and successor, the present Emperor, he said :

"I could have wished to have taken upon myself all that is difficult and painful, and to have left you an empire at peace, happy and flourishing. Providence has ordered it otherwise. Now I go to pray in the other world for Russia, and for you, who are, after Russia, that which I have most loved in this world."

When, having no longer strength to speak, he made a gesture between his almoner and his successor and the Empress, with what meaning must be left to conjecture ; most likely it was : "Stand by one another." From that time he held their hands in his, pressing them from moment to moment, until he ceased to breathe.

From the last will of Nicholas the First, every affectionate family may learn a practical lesson of great value, in all cases, showing what a close affection existed in the royal household. It was written nearly eleven years before, to wit, on Ascension Day, May 4, 1844.

The great Autocrat, whose word and will were law to sixty million souls, seems, in the contemplation of death, although in perfect health, to have divested himself of all factitious greatness, and to have felt he was but a man ; so he entitled the document his "Last Wishes." After the invocation to God the Father, God the Son, and God the Holy Ghost, come these words :

"In June, 1831, at the time of the breaking out of the cholera, I wrote down hastily my last wishes. The Lord in his mercy has not only been pleased to preserve my family, but further to permit that, since then, it should be considerably increased. These happy circumstances are of a nature to change, in part, my intentions. I desire that my wife be left in possession, for her use, of her apartments in the Winter Palace, of the Palace of Jelagin, and in the New Palace. Further, although by right of inheritance the Amtchkoff Palace belongs to my eldest son, I leave it to my wife, to enjoy it during her life, if she pleases.

"I adjure and beseech my children and grand-children to love and honor their mother, to be attentive to her comfort, to anticipate all her wishes, and to strive to console her in her old

age by their affection and devotion. They ought never to undertake any thing of importance without having first asked her advice and her motherly blessing. Such of my children as are under age are to remain entirely dependent upon her will until they attain their majority."

It is delightful to contemplate that after the Emperor had provided for his own blood and kindred, he turns himself with an affectionate remembrance to his servants and the teachers and guides of his youth, and of "my invalids," as he calls them. And seeming at the moment of writing the words to regard himself as no longer on the throne, he says: "I beg the Emperor to be so good as to take care of my old invalids. I wish that they should keep during their lives, in the Imperial House, the places which they filled during my time, unless it please my son to find them any thing better.

"Since my childhood, two friends and companions have remained at my side, and their friendship for me has been invariably the same. I loved the General Aid-de-camp, Adlerbergh, as my brother, and I hope to have in him a friend to the end of my life. His sister, Julia, has educated my three daughters like a good and tender parent. I bequeath to them a pension of fifteen thousand silver rubles, besides the pension they have already. I thank them once more, for the last time, for their brotherly affection.

"I thank Count Benkendorf and Count Orloff for their unchangeable friendship, for their constant attachment to my person, and for the activity and zeal which they have shown in the execution of my orders."

Speaking of his sister, Maria Paulovina, he thus expresses himself:

"I have ever professed, from my childhood, the most sincere gratitude for all her goodness to me. Later in life her friendship has been still more precious to me. In her I put my greatest trust. I respected her as a mother, and confessed to her all my feelings, all the thoughts of my heart. I declare to her, for the last time, my tender gratitude for all the happy moments I have passed with her.

"I beg the Emperor and all my family to love and honor my brother and sincere friend, Michael Paulovitch. He is a pattern of that affection with which a brother ought to serve his

brother. I beg him not to cease to lend his good advice to my children, whom I recommend always to his good-will. I conjure my children to love their Emperor with all their love, to honor him and serve him faithfully, indefatigably, and unresistingly, to the last drop of their blood, to their last breath; to remember that they ought to be examples to the rest of his subjects, as they are his first subjects.

"I am convinced that my son, the Emperor Alexander, will be always towards his mother a dutiful son, as he has been to me. This duty will become more sacred from the moment she is left alone. In her bereavement it is right that she be comforted by the love and tender attachment of her children and grand-children. In his relations with his brothers, the Emperor my son should strive to unite that indulgence which their youth requires, with necessary firmness, as a father of a family, and never tolerate any misunderstanding or family quarrel, nor any thing which may become prejudicial to them or the state.

"I thank all who have loved and served me. I forgive all who have hated me, and I pray all whom I may have unintentionally offended to forgive me. I have been a man, and subject to a man's weaknesses. I have striven to correct myself in what I perceived to be amiss in me; I have succeeded in doing this in some respects; I have not succeeded in others. I pray all, with all my heart, to forgive me.

"I die with my heart full of gratitude for all the good that it has pleased God to grant me in this transitory life, full of ardent love for our glorious Russia, which I have served according to my ability, with faith and sincerity. It is in thee, O Lord! that we trust—so may we never be put to confusion!"

A year later he adds:

"On the 29th of July, 1844, it pleased God to take to himself our beloved daughter Alexandra. We endure, without murmuring, bowing before the decree of the Lord, this terrible blow, being fully assured, that if such was the will of God, it was for the good of our dear daughter; and full of hope that she is now more happy in heaven than she could have been here on earth."

With such a view of the inner life of the great Nicholas the First of Russia, it can scarcely be doubted that he was a Christian man; while the clear exhibitions of his forgiving nature towards

his enemies, and of his tender affection to every member of his family, his children, his grand-children, his brother, his sister, his teachers, his servants, his counselors and friends, and more than all, that tender love which he manifested towards his wife, the unlimited confidence which he had in her wisdom and sound judgment, and his steady solicitude that every effort should be made for her comfort and happiness when he was gone, all these show that Nicholas of Russia was a noble man; noble by nature as well as by birth; and that for the things named he is worthy to be held up for all time to the admiration of the world, as a bright example to succeeding generations.

Let the great and wise Emperor's views as to the family relation make an ineffaceable impression on every father's heart in making his will.

First: Keep the children as long as possible entirely dependent on the will of the mother.

Second: Inculcate, persuade, command, and adjure, that the members of the family are to stand by one another faithfully, encouragingly, and affectionately, under all conceivable circumstances to the very end, when not incompatible with clearly higher duties; to stand up for one another, in case of need, against a universe besides: they who do it not, be they men or women, parents or children, brothers or sisters, husbands or wives, are unworthy of the name or relationship.

The want of this loving fidelity to one's own blood has broken many an innocent and striving heart; has caused life-long animosities in large family connections, theretofore loving and united; and has deluged nations in blood.

THE YOUNG SUICIDE.

WITHIN a month, a young collegian of twenty, who had the love and respect of his teacher and his classmates, for his diligence in his studies, his high classical position, and his generous nature, was found in his bed-room dead, the arteries of his arm having been severed, and his throat cut from ear to ear; an empty vial was found on the floor, labeled "Poison." A note on the stand read thus :

"Forgive me, my dearest parents, for this dreadful deed, but I am unworthy and unfit to live. May God forgive me! Farewell."

There are scores of such deaths every year, and the inquiry arises in every thoughtful mind: "What could have been the reason for such a terrible act?" This youth was the only child of rich parents; and the uninitiated vainly look around for an adequate motive for a deed so dreadful. A physician, especially a city physician, and more particularly the editor of a journal, treating of health and disease, is at no loss to unravel the mystery. The key to the sad history is found in the three facts, the victim was a man—young, unmarried. As an editor and a physician, we are constantly receiving letters like the following: "Can you save me from an ignominious grave? O God! that some one would give a cure for those unfortunates who have been so foolish. Will you, in God's name, give a cure in your next issue? and you will have the prayers of thousands." A day or two later came the following: "Dear Sir: In the midst of despair, I earnestly address you, thinking that perhaps my sorrow may by your skill be turned into joy. I have by indulgence ruined myself. I have applied to many without permanent benefit; hence the cause of despair. Now I feel the consequence of my crime to a very great extent mentally, in consequence of which I have been obliged to give up all employment and do nothing, and of late I am totally unfit for any thing. I have now before me a copy of your JOURNAL OF HEALTH, volume nine, for October, 1862. Hence I address you, hoping you may be able to suggest some means for regaining health and happiness. I feel as if I would surely die, if I do not obtain some active and immediate remedy." While su-

pervising these lines for the press, a letter is received from a young gentleman of high position, untarnished reputation, and of high moral worth, active, energetic, and faithful in all the offices of trust in which he has been placed, and which he has never failed to fill with honor to himself, and credit to his friends. Such an one writes: "I am satisfied that hell is my portion in robbing nature, and robbing God, my Creator. My mind is giving way to despair. I am ashamed of myself before my fellow-men and before God. And if I am dealt with according to my deserts, I am doomed." The practical question, and one which very nearly concerns every parent who has an unmarried son over fifteen years of age, is, What can produce such states of mind? They arise in all cases from a vicious reading; from perusing books which are sent gratis and post-paid by cart-loads, to all parts of the country every year, through the agency of the newspapers, with advertisements headed in this wise—taking a city daily, at this present writing—and which are copied, for large "consideration," by the country press, (nor are all of our religious papers guiltless of the damning iniquity :) "To the Unmarried," "Marriage Guide," "Physiology," "The Benevolent Association," "Physiological Inquiries," "Young Man's Book," "Warning to Young Men," "Manhood," "Physical Debility," with a variety of other headings. These publications have the same aim, object, and end, and the midnight depravity which indites them stands out in every page. It is not necessary here to enter into minute details, but to make use of the general facts. The programme marked out by all of them is essentially the same. First, to pander to the vitiated curiosity of boys and youth, not only by the "pictorial illustrations drawn from life," but by speciousness of argument and reasoning and statements, to mislead the mind, inflame the imagination, corrupt the heart, and eventually degrade the whole character. It is an often remarked fact, that among the young gentlemen who attend a first course of medical lectures, there are a large number who imagine themselves the victims of each successive disease, as it is presented in course by the lecturer. And any person not versed in medicine can scarcely read any book on any disease, without beginning to imagine that he has more or less of its

symptoms. In fact, medical biography abounds with notices of the deaths of men from the very diseases, the successful treatment of which made them famous; leaving us to suppose that imagination has something to do in causing, or at least in aggravating, some human maladies. It is not surprising, then, that youths in their teens, or just entering manhood should, in reading a treatise strongly depicting the ultimate effects of certain symptoms, alleged to be connected with certain conditions of the system, should run riot in their fears, and throw themselves helplessly into the hands of those who seem to know so much on the subject, and by their own accounts have had such remarkable success in their line. In every one of these books, without exception, certain symptoms are mentioned (not peculiar to any one disease, but common to a number, or which may exist, and if let alone, would in time disappear of themselves) as peculiar to a state of the system indicative of "a want of capabilities." Among these the most stereotyped are, dimness of vision, loss of memory, incapability of mental concentration, no steadiness of purpose, depression of spirits, etc. Then certain physical appearances are noted as corroborative of the existence of the malady in question. The youth, not having opportunities of comparing himself with others; not knowing that a good many of these very appearances are natural, and are not incompatible with perfect health, becomes alarmed, and in his fright appeals to the author of the book he has been reading, to save him by all means from the impending ruin and disgrace. A fee is extorted, which is up to the utmost ability of the victim to raise. Remedies are used. They do not change the condition of things; simply because the conditions are in many cases not unnatural; but the patient is made to believe that it is because the case is more desperate than was imagined, and that more powerful and more expensive remedies must be used. These are alike unavailing; meanwhile, weeks and months pass away; the victim has spent all the money he can "rake and scrape," "beg, borrow, or steal" literally, and then writes to some known physician in the strain of the letters already quoted, to make at least one more attempt at rescue; or if he does not this, he settles down in the despair which leads to suicide.

But there is sometimes a more dreadful ending, so far as mental and bodily suffering is concerned; we say more dreadful with design; for it is more so in proportion as it is more of a calamity to die on the rack than by a cannon-ball. When the sharper has obtained all the money possible from his victim, and wishes to get rid of him, he says in plain language: "There is no help for you but in marriage." But often this is an impossible remedy, and even if it were practicable, the patient has such a view of his condition, that he would consider it dishonorable and even infamous to impose himself upon a confiding woman. The sharper is prepared for this, and with practiced depravity, advises an illegal connection, not only as a test of capabilities, but as a remedy for certain symptoms observed to occur in the early morning, or at the close of certain natural actions. Human nature can seldom withstand the motives presented in cases like these. Six months ago a gentleman applied for advice under the following circumstances. He had been led, by reading a book on "physiology," to believe that in connection with certain practices a deplorable state of things was induced. He placed himself under the care of the writer of the book in question, and in two or three years had expended a considerable amount of money, without adequate results. He was then told that he must form a criminal liason, which he did with inconceivable loathing, and which he maintained until he found himself the victim of a degrading disease, showing itself on the face and hands. To escape the inquiries of relatives and friends, he left home and came to us, the embodiment of despair, the mind hopeless, the body ruined, the constitution a wreck. This disease the writer has never treated in a single case; and it is always turned over to other hands, the usual advice being, when there is any hope of restoration, to have recourse to the family physician at home, who would be more likely than any other to take a deep interest in the case, and exercise those sympathies which are so requisite under the circumstances.

Cases of this kind are of daily occurrence, and are constantly coming under the notice of city physicians, by hundreds and thousands every year. Some practical lessons of an importance which can not perhaps be over-estimated, may be drawn from this subject:

1. Allow no paper or magazine to enter your house which offers, by advertisement, to send any book on health and disease free of cost. No man can afford to print a book for nothing, and then to pay postage on it, unless he afterward finds his pay in the manner above described.

2. Let all parents encourage the early marriage of their sons; as soon after twenty-one as circumstances will permit; it is a less evil than to be exposed to the dangers above referred to, by putting it off to the more physiologically appropriate age of twenty-five.

3. Let no youth of intelligence ever consult a man at a distance, for the ailments which have been alluded to, or the supposed symptoms of impossible things. It is a thousand times better to consult the family physician at home; him you can trust with safety, as to body and reputation; a thing which is never to be done by men who send books free of charge, which treat of any form of disease.

As to the symptoms and debilitations of the early morning, and which have such a depressing influence on mind and body, second only to those of dyspepsia, nothing can be more certain than that there is no remedy, safe and efficient in drugs; but it must be sought in the diligent following out of some active industrial pursuit, force of will, and the cultivation of a high and manly moral power, which looks with angry and impatient contempt on all that is vicious, corrupting, and degrading, whether in deed or word or thought; this is the only efficient, the only infallible remedy, and is worthy of the mature reflection of every high-minded and generous-hearted youth. See the editor's book on "Sleep" for more full details.

STAMMERING.

It is often observed that persons in a state of intense excitement are incoherent, do not express themselves connectedly; this is simply acute stammering, resulting from a too great an amount of nervous power or influence going out in a specific direction by the mind being too intently fixed on one thing, on one idea, on one effort. The always efficient remedy is to divide the mind's attention in any way that will cause deliberation or composure. Twenty years ago it was considered a great surgical feat in the amphitheater of the University of New-York to bring in the most inveterate stutterer, and in five minutes he would go away before the wondering eyes of the students, perfectly cured, simply by having had a common knitting-needle, or its substitute, thrust through the tongue. The philosophy of this was, that unless the tongue was moved with deliberation more or less pain was excited; but the misfortune was, that as soon as the thrust was healed, the man stammered as before.

It is related in physiological works, that a laborer, the most inveterate stammerer in London, became possessed with the idea that he would make a good play-actor, and nothing that his friends could say or do could induce him to forego his resolve. The unusual circumstance gave a crowded house, and the young man went through his part without the stammer of a single syllable; because, while one effort of the mind was to remember the words and the gestures, another, a divided one, was to the utterances of his part.

My son, at the age of six, stammered inveterately. He was very impulsive and of a highly nervous temperament. Holding the views of this article, I would not allow him to be scolded or ridiculed, or have the infirmity remarked upon by any member of the family, because either of these would but increase the embarrassment or want of presence of mind; but whenever he came to me for any thing, I would say in a kindly, encouraging way: "Now, Bobby, if you will ask for it in a *slow*, plain way, you shall have it." Then, without any instruction, he would say: "Will fa-ther please give Rob-ert a piece of can-dy?" thus distinctly enunciating every syllable. I noticed at the same time, that the little fellow, at each syllable, would make a motion to strike his hand against his thigh as he stood. Here was nature's instinct coming to his aid; part of the mind, as it were, was directed to the hand keeping time to each syllable, another part to obtaining the object in view. No one ever stammers in singing, because the attention is divided between the music and the sentiment. In a few weeks little Robert ceased to stammer altogether, and has never since had the slightest trouble in that direction. Hence, the only cure for stammering is to cultivate mental deliberation in the way most easily available to each particular person.

CHILDREN'S FEET.

LIFE-LONG discomfort, disease, and sudden death often come to children through the inattention, ignorance, or carelessness of the parents. A child should never be allowed to go to sleep with cold feet; the thing to be last attended to, in putting a child to bed, should be to see that the feet are dry and warm; neglect of this has often resulted in a dangerous attack of croup, diphtheria, or fatal sore throat.

Always, on coming from school, on entering the house from a visit or errand in rainy, muddy, or thawy weather, the child's shoes should be removed, and the mother should herself ascertain if the stockings are the least damp; and if so, should require them to be taken off, the feet held before the fire and rubbed with the hand until perfectly dry, and another pair of stockings be put on and another pair of shoes, while the other stockings and shoes should be placed where they can be well dried, so as to be ready for future use at a moment's notice.

There are children not ten years of age suffering with corns from too close-fitting shoes, by the parent having been tempted to "take" them because a few cents were deducted from the price, while the child's foot is constantly growing. A shoe large enough with thin stockings is too small on the approach of cold weather and thicker hose, but the consideration that they are only half worn is sufficient sometimes to require them to be worn, with the result of a corn, which is to be more or less of a trouble for fifty years perhaps; and all this to save the price of a pair of half-worn shoes! No child should be fitted with shoes without putting on two pair of thick woolen stockings, and the shoe should go on moderately easy even over these. Have broad heels, and less than half an inch in thickness.

Tight shoes inevitably arrest the free circulation of the blood and nervous influences through the feet, and directly tend to cause cold feet; and health with habitually cold feet is an impossibility.

That parent is guilty of a criminal negligence who does not always see to it that each child enters the church and school-house door with feet comfortably dry and warm. Grown persons of very limited intelligence know that, as to themselves, damp feet endanger health and life, however robust; much more so must it be to the tender constitution of a growing child.

I have never known a shoemaker, whether in sending home a pair of new shoes or old ones repaired, to fail leaving several pegs or iron nails to project through the sole on the inside. The result is, that often in a single day, the excitement of play preventing a child from noticing any discomfort, the stockings are cut through in several places and ugly sores are made in the soles of the feet, to be an annoyance and a trouble for a week afterward; beside the unnecessary work given to an already overtasked mother in mending the stockings. To avoid the results of such inexcusable neglect, and also to make it more sure that pegs and nails should not "work through" by the shrinkage of the leather, and also to keep the feet dry, there should be worn between the leather of the shoe and the stocking a piece of cork, or soft, thick pasteboard, lined at the bottom with a piece of oiled silk, and on the upper-side touching the stocking the lining should be of Canton flannel; each person should have two pair of these, to be worn on alternate days.

GRUELS AND SOUPS.

BY MRS. MATTIE M. JONES.

WHEAT-MEAL GRUEL.—Mix two tablespoonfuls of wheat-meal smoothly with a gill of cold water; stir the mixture into a quart of boiling water; boil about fifteen minutes, taking off whatever scum forms on the top. A little sugar may be added if desired.

INDIAN-MEAL GRUEL.—Stir gradually into a quart of boiling water two tablespoonfuls of Indian meal; boil it slowly twenty minutes. This is often prepared for the sick, under the name of "water-gruel." In the current cook-books, salt, sugar, and nutmeg are generally added. Nothing of the sort should be used, except sugar.

OATMEAL GRUEL.—Mix a tablespoonful of oatmeal with a little cold water; pour on the mixture a quart of boiling water, stirring it well; let it settle two or three minutes; then pour it into the pan carefully, leaving the coarser part of the meal at the bottom of the vessel; set it on the fire, and stir it till it boils; then let it boil about five minutes, and skim.

FARINA GRUEL.—Mix two tablespoonfuls of farina in a gill of water; pour very gradually on the mixture a quart of boiling water, stirring thoroughly, and boil ten minutes.

TAPIOCA GRUEL.—Wash a tablespoonful of tapioca, and soak it in a pint and a half of water twenty minutes; then boil gently, stirring frequently, till the tapioca is sufficiently cooked, and sweeten.

SAGO GRUEL.—Wash two tablespoonfuls of sago, and soak it a few minutes in half a pint of cold water; then boil a pint and a half of water, and, while boiling, stir in the farina; boil slowly till well done, and sweeten with sugar or molasses.

CURRENT GRUEL.—Add two tablespoonfuls of currants to a quart of wheat-meal or oatmeal ground, and, after boiling a few minutes, add a little sugar.

GROAT GRUEL.—Steep clean groats in water for several hours; boil them in pure soft water till quite tender and thick; then add boiling water sufficient to reduce to the consistency of gruel. Currants and sugar may also be added.

ARROW-ROOT GRUEL.—Mix an ounce of arrow-root smoothly with a little cold water; then pour on the mixture a pint of boiling water, stirring it constantly; return it into the pan, and let it boil five minutes. Season with sugar and lemon-juice.

RICE GRUEL.—Boil two ounces of good clean rice in a quart of water until the grains are quite soft; then add two tablespoonfuls of sugar, and boil two or three minutes. Currants make a good addition to this gruel.

TOMATO SOUP.—Scald and peel good ripe tomatoes; stew them one hour, and strain through a coarse sieve; stir in a very little wheaten flour to give it body, and brown sugar in the proportion of a teaspoonful to a quart of soup; then boil five minutes. This is one of the most agreeable and wholesome of the "fancy dishes." Ochre, or gumbo, is a good addition to this and many other kinds of soup.

RICE SOUP.—Boil one gill of rice in a pint of water till soft; then add a pint of milk, a teaspoonful of sugar, and simmer gently five minutes.

SPLIT PEAS SOUP.—Soak the peas all night; then cook them three or four hours, or till perfectly soft. Add a little sweet cream just before they are done.

GREEN PEAS SOUP.—Take three pints of peas, three common-sized turnips, one carrot, and the shells of the peas. Boil one quart of the largest of the peas, with the shells or the pods, till quite soft; rub through a fine colander; return the pulp into the pan, add the turnips, a carrot, sliced, and a quart of boiling water; when the vegetables are perfectly soft, add the young or smaller peas, previously boiled.

SPLIT PEAS AND BARLEY SOUP.—Take three pints of split peas, half a pint of pearl-barley, half a pound of stale bread, and one turnip, sliced. Wash the peas and barley, and steep them in fresh water at least twelve hours; place them over the fire; add the bread, turnip, and half a tablespoonful of sugar; boil till all are quite soft; rub them through a fine colander, adding gradually a quart of boiling water; return the soup into the pan, and boil ten minutes.

BARLEY SOUP.—Take four ounces of barley, two ounces of bread crumbs, and half an ounce of chopped parsley. Wash the barley, and steep it twelve hours in half a pint of water; boil slowly in a covered tin-pan five hours, and about half an hour before the dish is to be served add the parsley.

GREEN BEAN SOUP.—Take one quart of garden or kidney beans, one ounce of spinach, and one ounce of parsley. Boil the beans; skin and bruise them in a bowl till quite smooth; put them in a pan with two quarts of vegetable broth; dredge in a little flour; stir it on the fire till it boils, and put it in the spinach and parsley, (previously boiled and rubbed through a sieve.)

VEGETABLE BROTH.—This may be made with various combinations and proportions of vegetables. For example—four turnips, two carrots, one onion, and a spoonful of lentil flower. Half fill a pan with the vegetables, in pieces; nearly fill up the vessel with water; boil till all the vegetables are tender, and strain.

BARLEY BROTH.—Take four ounces of pearl-barley, two turnips, three ounces of Indian-meal, and three ounces of sweet cream. Steep the pearl-barley (after washing) twelve hours; set it on the fire in five quarts of fresh water, adding the turnips; boil gently an hour; add the cream; stir in the meal; thin it, if necessary, with more water, and simmer gently twenty minutes.

VEGETABLE SOUP.—Two good-sized turnips and Irish potatoes each; one carrot, parsnip, sweet potato, and onion each; a little parsley, chopped fine, and three tablespoonfuls of rice or pearl-barley. Slice the vegetables very thin; put them in two quarts of boiling water; let them cook three hours; then add the rice, and cook one hour longer.

MEDICAL MELANGE.

BLISTERED HANDS AND FEET.—The speediest remedy is to light a tallow candle and let the melted tallow drop in cold water, then mix the tallow with strong spirits and rub it thoroughly into the palms or soles; this is both a preventive and curative.

CONCENTRATED POTATOES.—A bushel of potatoes averages sixty pounds; when all the water is absorbed five pounds of nutritive material are left, which, when ground, looks like Indian (corn) meal. A factory in Maine "concentrates" a thousand bushels of potatoes a day for the army.

READING WHILST TRAVELING fatigues the eyes, as every observant person well knows; this induces headache, sometimes pains around the eyes, with a slight congestion of the retina, which, when the habit becomes inveterate, and the subject is over fifty or of a weak constitution, is liable to end in an attack of apoplexy. London medical journals have reported several very obscure, painful, and complex maladies which have entirely disappeared, and very promptly too, on the discontinuance of the custom of reading on rail-cars while in motion or of riding long distances to business daily, namely, thirty or forty miles every day.

POISONED IVY OR OAK-VINES.—Some persons are so susceptible of being poisoned in passing through the woods, that a breath of air passing from the vine toward any exposed part of the body is sufficient to produce severe skin disease, and which is very difficult of cure in some constitutions. An item has been going the round of the papers lately to the effect that if the person will chew and swallow even half a leaf of the ivy itself it effects a speedy cure. But the public should be on their guard in using this remedy, for one case at least is given where swallowing a single leaf was followed by most distressing symptoms, and the person barely escaped with life.

HYDROPHOBIA is said to be cured promptly and effectually by swallowing a decoction of thorn-apple, that is the plant known as the Jamestown or Jimson weed, putting the patient in a furious rage as soon as swallowed. When it is known that this weed is a deadly poison under ordinary circumstances, and that children have frequently died after having eaten a few seeds, persons are counseled not to make the experiment, and to let poison-oak and the thorn-apple alone; it is always better to apply to a physician.

TAKING COLDS.—Some persons can almost tell in an instant when they have taken cold, generally by the disagreeable feeling of chilliness and the difficulty of getting comfortably warmed. Sometimes a person after exercising actively finds himself a little chilled before he knows it. In both cases an available, instantaneous, and almost always efficient remedy is at hand—simply walk, run, or work until free perspiration is produced, the sooner the better, and when the exercise is over, go to a room of seventy degrees Fahrenheit, or drink several cups of hot drink, taking care, if not in a warm room, to cease exercising by degrees.

IMPRESSIONS ON THE RETINA AFTER DEATH.—This is a beautiful thought; too beautiful to be true. Impressions do not remain an instant in life, for another one comes as fast as presented. How, then, can they remain after death? The last impression in life does remain some time, if the eye is immediately closed, as Sir Isaac Newton describes in his own experience, in a letter to the philosopher Locke; but to do that it was necessary that he should fix the mind on it, or as Sir Isaac expressed himself, "intend my fancy," but such an *intending* can not exist after death.

DIPHTHERIA is said to be speedily arrested and cured by swallowing lumps of ice, *continuously*, until relief is afforded; let them as much as possible melt in the throat. Common sore-throat is cured in the same way, sometimes.

EPILEPSY, or falling sickness, is reported to be successfully treated by Dr. John Chapman, of London, editor of the *Westminster Review*, by the application of ice and hot water, in India-rubber bags, at various parts of the spinal column.

PERSONAL NOTICE.—The editor has opened an office for consultation and business temporarily, at 831 Broadway, New-York, where he may be found daily, from ten to one o'clock P.M. He does not wish to be seen at any other time, for the present. Persons who can not call upon him within ten hours specified, are requested to address a note to him a day or two beforehand, to arrange an interview for some other hour. By this arrangement, our business will be concentrated to a smaller portion of the day, leaving us more time to write for the JOURNAL without innumerable interruptions; to play with the children, and look in at the shop-windows incog, in glorious old Broadway. It is not good for any body's health to be confined to one room from daylight to bedtime ready for calls, as has been the case with us for so many years past in this city; and although we can not remember the day when we omitted to eat a meal for want of an appetite, and are generally as lively as a cricket and playful as a little lamb or kitten, still, by the new arrangement, we are satisfied that our readers, our patients, and our children will be benefited; and our health and happiness be promoted; and all this, without incommoding any one in any way.

"THE SOUL OF THINGS." By Wm. and Elizabeth M. F. Denton. Published by Walker, Wise & Co., Boston. It purports to be a volume of "Psychometric Researches and Discoveries." It commences with quotations from Newton to Locke and others, and follows these up with tom-fooleries more absurd than any thing ever written or imagined by any body we have ever heard of before. It beats every thing else in the nature of biology, mesmerism, phrenology, steam doctoring, water-cure, and witchcraft. The very queerness of the book will make it be read with profit by cultivated minds. The great point of the volume, as we understand it, is this: it has been said that the human eye, or the retina, retains for a few minutes after death the image of the last person or thing seen when dying: A sweet, a beautiful idea, if true, for often do the dying speak as if they 'saw angels ascending and descending,' and dear kindred and friends who had gone before. So the book argues, that to highly sensitive or impressible persons even the rocks of any locality will reveal the history of all that has passed in their presence, as it were, of which nearly a hundred illustrations are given, purporting to be facts. The lady closes with this practical application: "May we not reasonably hope for less of wrong and more of right, when we shall have learned that all on which our shadows rest become recording angels, faithfully transcribing their deeds, their thoughts, nay, the very motive of our hearts?" But suppose we never "learn" these things, what then?

But let us turn to something better, to books full of practical, tangible truths, all warm with the realities and loves and benevolences of life, such as can be read, with satisfaction and confidence, by happy families around the firesides of dear old Christmas-times; books full of truthful teachings about life and death, and an eternity of blissful realities beyond the grave, and how to attain them with a certainty that "passeth knowledge."

Among such books are some of the issues of the Carter Brothers, publishers and booksellers, 530 Broadway, New-York, to whom the public are so much indebted for the sterling publications which they have been scattering broadcast over the country every year, for almost an age past. Well may that house feel a noble pride when they look over the long list of their issues, not one of them against good morals or against a sound Christian doctrine.

"THE THREE CRIPPLES," pp. 202, 16mo, taken from London life, and is admirably adapted to engage the attention, and instruct the minds, and warm the hearts of children. So is No. 2, entitled "THE LAST SHILLING AND THE OILED FEATHER," by Rev. Philip Bennett Power, A.M. No. 3. "THE TWO BROTHERS AND THE TWO PATHS," by the same, a powerful illustration of what infidels term "Destiny," but which the humble Christian delights in considering the *Providence of God*, and the importance, especially to the young, of seeking the course and guidance of Him who hath said: "It is not in man that walketh to direct his steps." Price fifty cents each. No. 4. "FAITHFUL AND TRUE; OR, THE EVANS FAMILY," 357 pp., 12mo, with nineteen chapters of most interesting incidents of practical every-day life. No. 5. "THE SAFE COMPASS, AND HOW IT POINTS," by Rev. Richard Newton, D.D., 318 pp., 12mo, containing ten practical lectures, admirably adapted to be read of winter evenings around the center-table. Not a child or parent could possibly go to sleep during any one of these stirring readings. Price of last two, ninety cents each. No. 6. "THE JEWISH TABERNACLE AND ITS FURNITURE, IN THEIR TYPICAL TEACHINGS," by Rev. Richard Newton, D.D., 393 pp., 12mo, \$1.50. How we long for the return of the good old times when Christian people would feed with delight on books like this, which practically explain the types and the antitypes of the Mosaic dispensation, looking forward to the coming of the Son of Man, his first and his last. No. 7, 12mo, pp. 264, \$1, is an "ESSAY ON THE IMPROVEMENT OF TIME," by John Foster, author of that grand essay, on "Decision of Character." This volume is edited by J. E. Ryland, M.A., with a Preface by John Sheppard, and needs no eulogy. Every young man and woman should read it. A bare list of the subjects treated will procure many a purchaser a value of time, capacity of time, swiftness of time, ultimate object of the improvement of time; indolence, intervals, solitary life. We will send this most valuable book, free of charge, to any one who will send us three new subscribers to HALL'S JOURNAL OF HEALTH for 1864.

PRESBYTERIAN BOARD OF EDUCATION, 821 CHESTNUT STREET, PHILADELPHIA.—We wish very much that we could send a catalogue of the books and tracts, with the prices, of this noble Christian institution. What multitudes of luscious feelings would be excited in the young of our land, if half a dozen of these publications could be thrown in upon each family group on Christmas eve, by that famous myth, Chris Kringle, or Santa Claus. Five of the "series for youth," have been sent us for notice, 16mo, averaging 200 pages each. No. 1. "THE THREE HOMES;" 2. "REBELLA;

OR, *THE SHINING WAY*;" 3. "*RAYS OF LIGHT*"—being instructive tales for youth; 4. "*LESSONS IN FLYING*," a title which does not convey an adequate idea of the many instructive things found in its pages; 5. "*BLIND ANNIE LORRIMER*," a sad and beautiful story. These books are from thirty to forty cents each.

Any books we notice, now or hereafter, will be sent to such as choose to take any trouble to obtain subscribers to the *JOURNAL OF HEALTH* for 1864, at the rate of one dollar's worth of books, for three new subscriptions.

THE American Tract Society, Boston, and Bible House, New-York, have issued a very interesting and instructive little volume, 16mo, 160 pp., entitled "*PLANTS*," illustrating in their structure the wisdom and goodness of God; with numerous engravings. None can read it attentively without benefit to both mind and heart. Also, "*ELTON WHEATLY, THE STAMMERER; OR, LIKE OTHER FOLKS*," by Ellen Derry; twenty-five cents. Also, "*HAPPINESS*," 16mo., pp. 232, fifty cents; being discourses at Geneva, by Count De Gasparin; translated by Mary L. Booth, with an introduction by Rev. E. N. Kirk, D.D., who well remarks: "M. De Gasparin, in this little volume, appears before the American people in a new light; not as a statesman or a political philosopher, but as a moralist and Christian teacher, a disciple of the crucified Redeemer."

AGRICULTURAL.—Not only practical and scientific farmers, but the whole country, is greatly indebted to the laborious industry, energy, and judiciousness of the Hon. Isaac Newton, the Commissioner of Agriculture, for his report presented to Congress for 1862, under the act to establish a Department of Agriculture. This is the first report under the new Department, 617 pp., 8vo, with a most copious and satisfactory index of contents. Besides invaluable and suggestive statistical tables, showing the quantity of farm products of different States, there are many articles of practical value, written by eminent men, on the wheat-plant, sorghum culture, cotton, flax, tobacco, fruits, vines, sheep, cattle, eggs, sugar, coal-oil, farm implements, preservation of food and timber. No small part of the value of this report is justly attributed to the persevering industry of James Grinnell, Esq., of Mass., Chief Clerk.

CLINTON HALL LITERARY AND EDUCATIONAL COURSE.—Course of English literature, consisting of readings from Authors, in prose and verse, by Mrs. H. Bronson Williams. This excellent and accomplished lady never appears before a New-York audience without eliciting the heartiest plaudits of her hearers, and none of our readers can fail to derive both instruction and amusement from any one of her "Readings."

THE American Sunday-School Union, now venerable for its age and grand in its long years of usefulness, sends out, from 1122 Chestnut street, Philadelphia, and 599 Broadway, New-York, "*THE CHILDREN OF BLACKBERRY HOLLOW*," in uniform library binding, of six volumes, in a case, being stories of "*Red Shoes*," "*White Frock*," "*Tom Lane's Cent*," "*The Little Brown House*," "*Little Lights*," and "*New Bonnet*." Also an admirable little volume, "*AN APPEAL TO THE YOUNG ON THE IMPORTANCE OF RELIGION*,"

by that eminent writer John Foster, author of "Decision of Character." It is a permanently valuable Christmas present for all young people. Also, "LEONARD, THE LION HEART," "SECOND BOOK OF ONE HUNDRED PICTURES," "THE LITTLE SEA-BIRD," and "THE PEASANT AND HIS GUEST, ILLUSTRATING THE HISTORY OF FOUR BOYS." Any one of these volumes will make the children's eyes fairly dance with delight, if presented around the Christmas-eve fires, with the more solid good of their reading to come after.

POSTURE IN WORSHIP.—An old-school Presbyterian brother and correspondent blazes away most furiously at us for writing Health Tract No. 176, showing that the universal sitting posture during the entire Sabbath service, in cities and large towns, is not only unbecoming, but that, on physiological principles, it unfits the hearer for taking that interest in the services of the sanctuary which all ought to show, simply because it inevitably promotes sleepiness—our correspondent taking his standpoint from a one-acre lot, his own country church; we from New-York, the metropolis of a continent, the head-quarters of all creation. "We speak what we know and testify what we have seen" every day in the churches. The evil has become so general that the General Assembly of our Church has had their attention drawn to the subject, and in obedience thereto, has earnestly urged upon the churches the importance of breaking up so unseemly a custom. *Our* church on Fifth Avenue numbers nearly eight hundred communicants. We have never been able to number two per cent of the entire congregation who stood during any part of the service, except during the Doxology and the Benediction.

GENERAL NOTICE.—Inducements to subscribe for the JOURNAL OF HEALTH for 1864.

Almost every subscription to this JOURNAL ends with this December number, 1863. We have not a dun to make, as the JOURNAL is not sent unless payment is made in advance. We hope all our present subscribers will find it convenient to renew their subscriptions, and remit the accustomed dollar before the issue of our January number, which will be about the fifteenth of December. And as we have not increased the size or subscription price, although paper and labor have so largely increased in price, we suggest that each subscriber spend an hour or two among his or her friends, in getting new subscriptions for us. We as an editor and physician are often asked and expected to spend hours of valuable time in looking into cases and listening to details and writing letters—for nothing! We make no such request from any reader; but say to them that for three dollars sent for three *new* subscribers, to as many addresses, we will send any book we have published, free of cost; or we will send, post-paid, a dollar's worth of any book or books which we have noticed in this or previous numbers, or we will send, post-paid, the Photographic Magnifier for three new subscribers. This instrument through one glass gives a greatly increased beauty and interest to any photographic picture, and always affords a sweet and quiet delight when looking at the pictures of the loved or lost. When both glasses are used on double pictures—that is, stereoscopic views—the

same pleasurable results are experienced. We ourselves never weary in using one of them on the photographs of the members of our family, or the Photographic Albums which contain the cartes de visite of our friends. The Photographic Magnifier is a source of perennial satisfaction and quiet delight to every person who owns one and has the taste or culture to own a photograph album.

RUSSIA AND THE RUSSIANS.—The first article of this number, on the death of Nicholas the First, of Russia, was written by us several years ago for another publication, and is reproduced here as a subject of fresh interest, from the fact that the Russian fleet is in our harbor, and its officers are receiving the cordial hospitalities of the principal cities of the nation. The august Emperor's death was the result of a little cold, which we have private means of knowing was taken by encountering exposures, against the vain remonstrances of a faithful and skillful physician; just as multitudes of our daughters lose their lives by disregarding the counsels which their more experienced mothers give them, in affectionate solicitude, for their highest interest and happiness. "It won't hurt me," says the daughter, as she bounds away to the ball, of a winter's evening, scarcely half-clad. "It won't hurt me," said the "Czar" to his watchful physician, as he went to the "review" of his troops, on that bitter cold day; but let it be understood by all, that potentates and powers; that youth and beauty; that professional eminence and social distinction, are alike subject to the great laws, of our being; that the king in his palace, any more than the peasant in his hut, or the slave in his cabin, can not trifle with physiological laws, and that their infraction will always, sooner or later, meet with a due punishment. Many persons, especially clergymen, sometimes encounter exposures, which result in death, under an indefinable impression that their motives or their work will, somehow or other, secure them an impunity against their effects.

We recently attended the religious services of the Greek Church, on the Sabbath-day, on board the *Oslaba*, and were greatly pleased with the serious and becoming and respectful attention of the four hundred sailors who participated in the services; they stood during the whole time, which was mostly passed in a sweetly plaintive rehearsal of portions of scripture; it was a kind of chanting which fell sweetly on the ear. We shall always remember the scene with great satisfaction and a higher appreciation of Russian civilization and religion. And we are quite sure that our eldest daughter Ellen is more enthusiastic than ourselves at the "civilization" part, having spent eleven hours on board the *Alexander Nevsky*, the Russian flag ship, the other day and evening, at a grand entertainment given by the officers of the fleet. One of the daily papers, in describing the entertainment, says: "The tenth of November, 1863, will long be remembered by those who participated in the festivities. In homely language, all who were there can not fail to say: We had a splendid time. Nor will it alone be remembered here. The memory of that day will be borne over the sea,

taken to Russia, and its anniversary may in years to come be the theme of conversation, on both continents, around the home fireside."

The Russians here are as white as our own sailors and naval officers, of medium height, perhaps rather under that, on an average, with flaxen colored hair, many of them, compact frames, and very courteous; these statements are particularly true of the officers, which is the point of most interest to our young lady readers. The hair is cut short, and the face more or less cleanly shaven.

The grand ball at the Academy of Music was open to any one who was willing to pay twelve dollars. Money could not purchase admission to the festivities on the Russian flag-ship; hence they were characterized by an elevation, a refinement, and a propriety worthy of all praise.

CONCENTRATED ECONOMY.—W. D. Russell, 206 Pearl street, New-York, not only furnishes a stove which will cook a good breakfast for several persons at a cost of two cents, but sells a lamp which will not only furnish abundant light for sewing or study for a whole evening for a penny, but will, at the same time, *without interference*, boil water, make a cup of coffee, chocolate, or tea, and toast bread, *secundem artem*.

FARMERS.—The most extraordinary case of success in an enterprise that is unquestionably of sterling and permanent and general utility, is found in the energy and business tact of Orange Judd, the editor and proprietor of the *American Agriculturist*, New-York, \$1 a year. When he took hold of it, it had but a few hundred subscribers, and was dying daily; now it has a circulation of fifty thousand greater than any similar publication in the world. It is sent monthly to ninety thousand actual subscribers. Whoever wants it for nothing, and has never taken it, let him send three dollars for three new subscribers to HALL'S JOURNAL OF HEALTH.

TO EVERY LADY of taste and culture; to every housekeeper; to every mother, *Godey's Lady's Book*, \$3 a year, Philadelphia, is of sterling value. The industry, ability, and judgment with which it is edited, is worthy of all praise, and has made it the most popular family monthly in the nation. January, 1864, begins the sixty-eighth volume.

PHOTOGRAPHIC.—We never fail to be pervaded with a deep and quiet and intense satisfaction when we look at the photographs of our dear little ones, or of the loved and absent, through the *Photographic Magnifier* and Pocket Stereoscope sold by P. C. Godfrey, 831 Broadway, New-York, at \$1, \$1.50, and \$3. Sent by mail free at same prices.

REWARDS.—The two bound volumes of HALL'S JOURNAL OF HEALTH for 1862 and 1863, containing, among other reading pertaining to health and disease, all the "Health Tracts" published to this date, one hundred and eighty in number, can be had for \$1.25 each: they will be given to any one who will obtain seven new subscribers for our JOURNAL for 1864.

SUBSCRIBERS who have failed to receive any number of the JOURNAL for 1863, will be supplied with the same free of charge on application by letter, or at the office of publication, 831 Broadway, New-York. Any past number of the Journal, from No. 1, Vol. I. to date, will be supplied for ten cents.

The two volumes for 1862 and 1863, containing one hundred and eighty "Health Tracts," bound in muslin, will be delivered at the office of publication for two dollars, or sent by express at purchaser's charge for the same amount.

HELP FOR WOMEN.—Messrs. Walker, Wise & Co., 285 Washington street, Boston, have issued a timely volume for \$1.25, on "THE EMPLOYMENTS OF WOMEN," being a Cyclopædia of Women's Work, by Virginia Penny. At no time of our country's history have so many women been thrown on their own exertions. The book contains over five hundred articles descriptive of occupations available to women, the effect of each on health, rate of wages, time necessary for women to learn them. It is an invaluable work, a work of humanity, and precisely adapted to the emergencies of the times. We will send it post-paid to any one who will send us three new subscribers to HALL'S JOURNAL OF HEALTH for 1864.

The bound volume for 1863 will be given for the loose numbers (if in good condition) and twenty-five cents for binding. We shall probably issue the subsequent numbers in white paper binding, each number containing about twenty-four pages of reading matter; the extra pages will be devoted to advertisements.

Seven copies of the JOURNAL OF HEALTH for 1864 will be sent for five dollars sixteen copies for ten dollars. Ladies who desire to consult the Editor professionally, are requested to do so by a prearrangement of the hour.

The Presbyterian Historical Almanac for 1863 should be in the library of every clergyman in the whole Presbyterian family; it embodies a vast amount of important statistical and historical matter, beside the biographies and portraits of ministers who lived and labored and loved and died in their Master's service. This, the fifth volume, contains nineteen ministers' portraits, engraved upon steel by Sartain and Whitechurch; also eight engravings of churches, colleges, and seminaries; 495 pages 8vo, \$2. Either of the first four volumes will be furnished for \$1.50, by addressing its indefatigable and self-sacrificing compiler, Joseph M. Wilson, No. 111 South Tenth street, Philadelphia.

The following was taken verbatim from a tomb-stone at Williamsport, Pa., last summer, by a son of Rev. Dr. R——s of New-York:

Sacred to the
memory of
HENRY HARRIS,
Born June 27, 1721,
of Henry Harris and Jane
His wife, died on the 4th of
May, 1737, by the kick of a
Colt in his bowels, peaceable
And quiet, a friend to his
Father and Mother, and respected
By all who knew him.
And went to that world
where horses can't kick, and
where sorrow and weeping
is no more.

The Photographic Magnifier

Is a source of never-failing satisfaction and a pure delight as often as the photographs of

THE LOVED, THE ABSENT, OR THE LOST !

are examined by it. It so enlarges the picture and brings out the distinctive features of the original, that we love or smile or weep whenever the portrait is taken up for examination. Sent free by mail for \$1, \$1.50, and \$3.

GAS IN EVERY HOUSE.

THE ATMOSPHERIC-PRESSURE LAMP ;

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NO-CHIMNEY LAMP !

Adapted especially for Kerosene and Petroleum, or any other burning-fluid, is one of the most important inventions of the times of a domestic nature.

NO WICK, NO SMOKE, NO MACHINERY.

The oil is converted into a pure gas, which burns with a beautiful flame, as white and as brilliant, as that given out by any gas-works in the land. This Lamp will burn for five, ten, or twenty-four hours, according to the size, without any adjustment whatever. For lighting

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where there is no fire-damp, it is the cheapest, most convenient, and most perfect light ever invented. No ordinary wind can blow it out. It can be carried in the hand unprotected, by the hour, through rain and wind and storm, without being extinguished. It is not easily put out of order, and is readily repaired. Price, \$4 and upward.

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Patented in August, 1863, has a chimney three inches long ; it burns a broad wick, and affords as clear and beautiful and abundant light as any other lamp of its size, or as a common gas-burner. It will supersede all others, because it is sold at the same price, while the chimney, by being so short, is so much less liable to breakage, that it will in a short time save its cost in this item alone.

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By simply wetting the hair thoroughly with this liquid, the comb will in a few minutes afterward bring away every living parasite without any more injury to the head than if so much water had been applied. It is a purely vegetable, liquid preparation, containing neither oil, grease, larkspur, opium, mercury or any other mineral, and is, under all circumstances, a safe, cleanly, and agreeable preparation. It is used exclusively by the Commission of Public Charities of New-York in all the institutions under its control. It is as efficient for the relief of all domestic animals, and is

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It will destroy the vermin (called body-lice) which infest the clothing, without the slightest injury to the garment. As all travelers, school-children, sailors, and soldiers are liable to become infested accidentally, DODGE'S INFALLIBLE EXTERMINATOR should be found in every family, in every barrack, in every asylum, in every ship, in every camp, and in every traveler's trunk. Twenty-five cents a Bottle. Quart Cans for domestic animals and public institutions, \$2.50.

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